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# Good Housekeeping

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## ON THE COVER

Photograph **Brian Aris**  
 Hair **Matthew Wade** Make-up **Nicky Tavilla** Styling **Jillie Murphy** Jacket and top **Twiggy at Marks & Spencer** Trousers **Almost Famous** Shoes **Marc Cain** Bangles **Mango** Other jewellery **Twiggy's own Chair The Conran Shop**



## GH PROMISES

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**All health articles** are checked for accuracy by the Good Housekeeping Health Watch team of health professionals.

**All prices** are correct at time of going to press.

## GET IN TOUCH WITH US!

We aim to correct significant inaccuracies in the next available issue. If you would like to get in touch, please email us at [goodh.mail@hearst.co.uk](mailto:goodh.mail@hearst.co.uk)



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## The great GH Easter taste test

Chocolate eggs, simnel cake and the best hot cross buns, all Tried & Tested **page 184**





# Welcome!

Good Housekeeping's Editor, Lindsay, on what she's loving right now...

## This one's for us

You could have knocked me down with a tiara when I opened the Sunday Times to discover I'd been named one of the 500 Most Influential People in Britain in a survey for the social bible, Debretts. Influential, moi? My husband and daughter thought it was hilarious as they cheerfully overrode my choice of TV programmes. Even the dog made her feelings known by removing one of my work shoes and taking it to the bottom of the garden. At home, you see, I don't seem to exert much influence at all. But on behalf of the 1.3 million talented, energetic and empowered women who read Good Housekeeping – well, that's another matter. It's an honour and a pleasure to keep banging the drum for what's important to women in Britain today. And I will keep on doing it – providing I ever get that shoe back from the dog!

## TWIGGY...THIS YEAR'S MODEL!

Just as we were photographing Twiggy for our April cover, she was named as a new UK ambassador for L'Oréal. Amazing! Twiggy's hair has always got her noticed – her cute crop in the Sixties helped kick-start her career. But for her to be newly recognised for her locks at 65 (more than twice the age of fellow L'Oréal ambassador Cheryl Fernandez-Versini), well, it's an achievement we can all celebrate. Twiggy says she hopes to inspire women to be confident in their personal style – a topic she returns to in our profile this month. Some may say it helps to have perfect bone structure and a model figure, but Twiggy's having none of it! Beauty comes from within, she says. And who are we to argue?



Hair apparent: Twiggy's timeless style is still making headlines

*Lindsay Nicholson*

Lindsay Nicholson

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## APRIL SHOWERS

I do hope our GHI tester Janet has finally forgiven us for making her stand (fully dressed) in the shower in our new Good Housekeeping Institute wet



As Janet from the GHI discovered, it never rains but it pours!

room. The poor girl had to endure a drenching as she heroically tested trench coats and macs to award them raindrop ratings for our feature this month.

We're always

on the lookout for new challenges, so if there's something you'd like the GHI experts to put through its paces, do let us know.

## You don't have to feel sorry for us...

The moment we turned our backs on all the Christmas excess, the GHI started to build a mountain of chocolate eggs – and we had to eat them! I'm not really complaining (there are worse jobs, after all) and it was all worth it to find the best eggs, hot cross buns and simnel cakes in the shops this year.



The very best treats from the Easter bunny

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# Worth sharing

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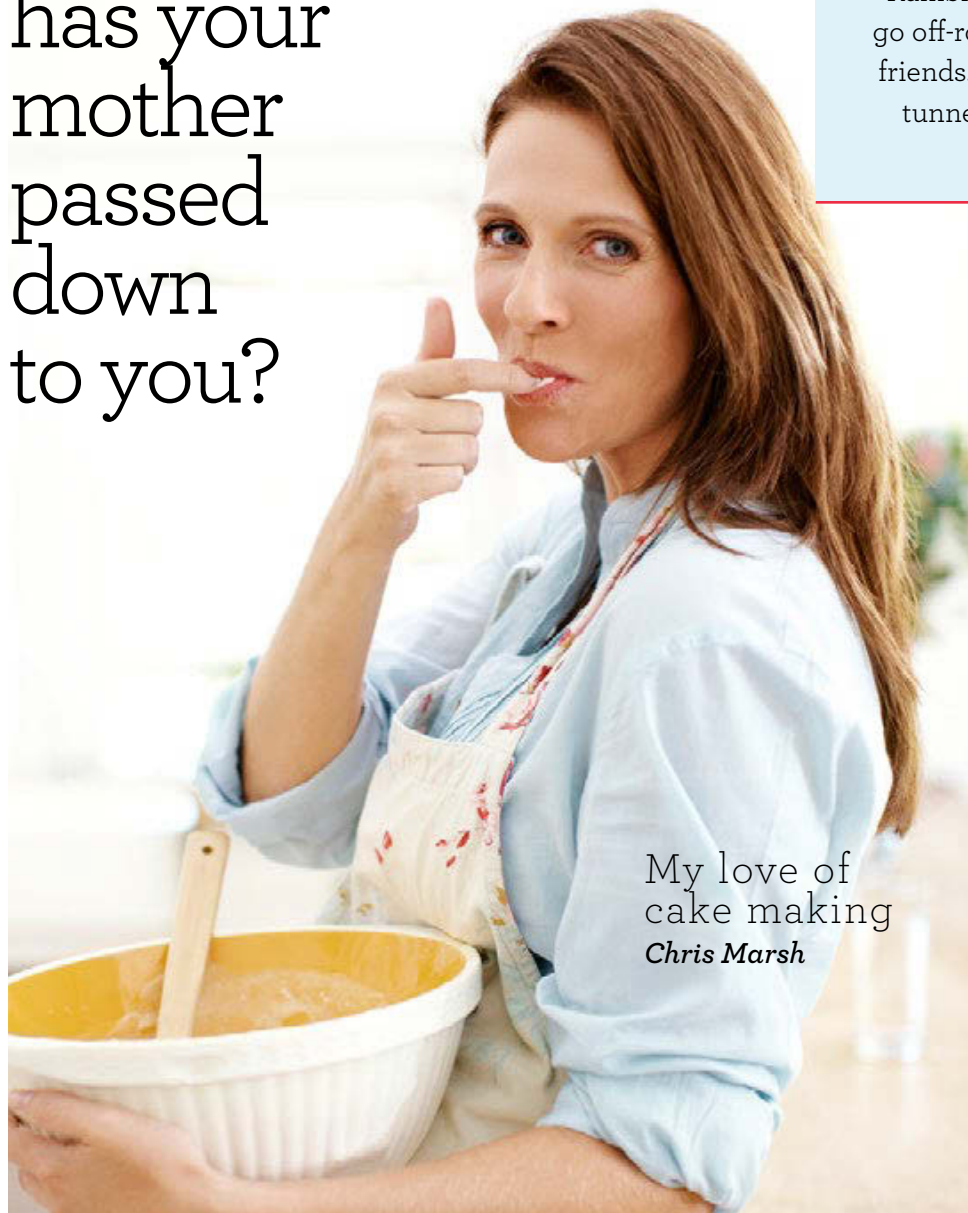
## ★ STAR EMAIL ★

My daughter has been in Australia for five years, and I felt the same grief Nicci Gerrard talked about in *How To Mend A Broken Dream* (March). I missed her lively presence so much but, like Nicci, I replaced my sadness by doing new things. I joined The Ramblers with my husband, and now go off-road cycling with a new group of friends. There is light at the end of the tunnel – you just have to get there!

*Angela Austin*

## Q What has your mother passed down to you?

From physical features to charming quirks, which traits have you inherited from your mum? Here's what you said on Facebook



My love of cake making  
*Chris Marsh*

## Q Going grey: embracing the look, or fighting it tooth and nail?

**A** My hair is almost white, and I frequently get compliments from men and women. Little do they know I'm just lazy!  
*Marsha Dittmeyer*

I'd say don't knock it until you try it. Grey hair is like natural highlights, and I don't think I look any older.  
*Hannah Gott*

No way – why look older than you have to?  
*Gail Ryan*

I'm fighting it. Or, should I say, my hair dye is fighting it for me.  
*Kim Irvine Buckley*

I'm going grey – even if it might make me look older!  
*Annie Moncada*

Absolutely embracing it. Grey hair gives mature women a very sexy attitude. Bring it on!  
*Ceri Bethell* □

**TALKING NON-STOP** without taking a breath, often changing subject mid-flow! My poor husband finds it hard to keep up when Mum and I get together.  
*Tina Corder*

**DETERMINATION** in the face of adversity.  
*Romy Wood*

**HER DISCIPLINE.** We're both very strict about everything.  
*Mizh Coquilla-Boyd*

**CERTAIN EXPRESSIONS** – I now find myself saying things my mum used to say to me.  
*Melissa Laycock*

**A LOVE OF SEWING** and knitting, and her skills with a needle.  
*Norma Price*

**THE KNOWLEDGE** that your family are the most important people in your life.  
*Carol Nuttall*

**HER LOVE OF COOKING** and, unfortunately, her snore!  
*Rachel Pocknell*

**BIG CARTHORSE KNEES...** thanks Mum!  
*Sue Kennedy*

**HER LOVE FOR LIFE:** Mum's cup was always half full.  
*Diana Adams*

**MY GORGEOUS PASTRY!**  
*Eileen Francis*

**WRITE** Worth Sharing, Good Housekeeping, 72 Broadwick Street, London W1F 9EP **EMAIL** [goodh.mail@hearst.co.uk](mailto:goodh.mail@hearst.co.uk)



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# Fill your life with flowers

Nothing announces that Spring has arrived more beautifully than fresh flowers – and these glorious arrangements are surprisingly easy to achieve

PHOTOGRAPHY NATO WELTON HOMES EDITOR CAROLYN BAILEY



Ombre centrepiece, from £150, Philippa Craddock (philippacraddock.com). Table, £349, BHS. Rush table mats, £19.50 each, Felicity Irons at David Mellor (davidmellordesign.com). Evora plate, £7, and bowl, £7, and Holborn green tumbler, £5, all Habitat (habitat.co.uk). Liberty 16-piece cutlery set, £75, Marks & Spencer. Wine glasses, £22 for four, House of Fraser

## LIGHT AND SHADE

**H**ere is a 'wow' centrepiece to impress family and friends! A mixture of palest, pastel and vibrant shades of yellow have been arranged to create an ombre (shadow) effect down the centre of the table. The trick is to cluster blooms tightly together, and to do three small displays on plastic trays filled with florist's foam soaked in water. Go for cream and pale yellow flowers in the first tray, then move on to stronger hues for the middle one. The last one should be bold and bright, shouting Spring!

### Tip

Keep florist's foam well watered so blooms have plenty to drink. The foam will dry out pretty quickly in warm conditions







### Tip

Recut stems every few days and refresh the water if it gets murky


## SCENTED POSY

**G**ather together old-fashioned roses and evergreen foliage, then add a few sprigs of herbs. Here, 'Peony Pink', 'Cream Piaget' and 'Caffe Latte' roses are mixed with rosemary, mint and evergreen viburnum. Order a ready-made bouquet – or simply gather some blooms together in your hand for an informal display – and pop into a vintage-style enamel jug.


Bouquet, from £55, The Real Flower Company ([realflowers.co.uk](http://realflowers.co.uk)). Vintage Amelia fabric in Pink, £55 a metre, Cabbages & Roses ([cabbagesandroses.com](http://cabbagesandroses.com)). Jug, £10.50, plates, £10 each, Tilly 16-piece cutlery set, £120, and spotted napkins, £12 for four, all House of Fraser. Floral cake plates, £15 for four, BHS. Pink tumblers, £27, English Antique Glass ([englishantiqueglass.co.uk](http://englishantiqueglass.co.uk))




**GH asked top florist Philippa Craddock to share the trends and colours for this Spring...**

 Right now, there's a strong focus on unusual props. For example, I was recently asked to create a unique tall table design for BAFTA, using a bespoke iron base. We created a magical trunk of intertwined stems branching out into a magnificent canopy of foliage and flowers – so guests dined underneath!

 There are two strong trends at the moment: the first is for displays that are whimsical and ethereal, with a wonderful, just-picked look. The other is opulent, over-the-top, luxuriously grand designs with massed flowers, often with a tumbling, relaxed shape. Colour palettes are gentle and soft, with lots of greenery, earth tones and pops of stronger shades.

 A perfect, simple Spring design is to pot hyacinths, snowdrops or narcissi into a low bowl bound with branches, with a bed of moss to cover the soil and sprigs of willow to add further height and texture to the overall design.

 A good centrepiece needs depth and interest, whether it is a pure design of one flower variety or an incredible mixture of different flowers and foliage with varying textures. An arrangement also needs to take into consideration the occasion, the guests, the purpose and the space. Measure the area where it will be placed. Also ensure your design is sturdy and not too heavy or liable to topple.

### For the record

Philippa Craddock has many glittering clients, from Jenny Packham and Tiffany & Co to Jo Malone and Lancôme. She has a studio in Sussex and has recently opened a concession in Selfridges, London. She is becoming recognised as one of the world's leading florists, creating designs for weddings, parties, product launches and photo shoots. Philippa is inspired by seasonal changes, and specialises in creating natural, sumptuous and abundant flower designs.





**Tip**  
Leave gaps  
between  
decorations  
to allow individual  
pieces space  
to shine

## CREATE AN INSTANT EASTER TREE

with a couple  
of large twigs. Put a few  
willow branches into a vase  
with a narrow neck, then  
hang eggs, baubles and  
birds from the branches.

Pols Potten glass vase,  
£32, Amara ([amara.com](http://amara.com)).  
Eggs, from a selection, Gisela  
Graham ([giselagraham.co.uk](http://giselagraham.co.uk)).  
Glass decorations, from  
a selection, John Lewis.  
Vintage Amelia fabric in Pink,  
£55 a metre, Cabbages & Roses  
([cabbagesandroses.com](http://cabbagesandroses.com)).  
Samos dining chair, £90, BHS





## KALEIDOSCOPE OF COLOUR

**M**ix and match your vases and blooms for an eclectic and flexible centrepiece. This one works a treat with a brightly coloured tablecloth and tableware.

FROM LEFT: turquoise bowls, £15.50 each, Amara ([amara.com](http://amara.com)). Yellow glasses, £29 each, English Antique Glass ([englishantiqueglass.co.uk](http://englishantiqueglass.co.uk)). Small Loft vase, £15, Bud vase, £14.50, Flower Colour vase, £36, and tall Loft vase, £46, all LSA ([lsa-international.com](http://lsa-international.com)). Blue tumblers (used as vases), £29, English Antique Glass ([englishantiqueglass.co.uk](http://englishantiqueglass.co.uk)). Napkins, £28 for four, Sheridan ([sheridanaustralia.co.uk](http://sheridanaustralia.co.uk)). Cutlery, from £3 for a teaspoon, Cath Kidston ([cathkidston.com](http://cathkidston.com)). Bengale fabric in Paprika, £73 a metre, Manuel Canovas ([manuel.canovas.com](http://manuel.canovas.com))

**Tip**  
Strip leaves below the water level to help prevent decay



## FLOATING FLOWERS

**T**he easiest centrepiece ever: simply group a few high-sided plates together, fill with water and dot a few flowerheads in each. This is a good way to display blooms that have broken off their stems, too. Add a few leaves and water droplets on the petals and foliage for visual interest.

Clifton rose fabric, £20 a metre, Cath Kidston ([cathkidston.com](http://cathkidston.com)), Teema plates, from £11 for a 17cm plate, David Mellor ([davidmellordesign.com](http://davidmellordesign.com))

### Tip

Spray blooms with a mist of water to resemble beads of dew





## SHOW STOPPER

There is nothing more inviting than dining by candlelight – personalise a hanging chandelier with a few sprigs of ivy and echo the shape by filling a candle holder ring with an abundant flower display.

### Tip

Replace the ivy from time to time to keep it looking fresh

Flower arrangements, Philippa Craddock (philippacraddock.com). Votive chandelier, £49.95, Sarah Raven (sarahraven.com). Candleholder ring, £84.95, Handpicked Collection (handpickedcollection.com). Gustavian round table, £1,295, and Rosen chairs, £595 each, all Nordic Style (nordicstyle.com). Kashima Gozan

china, from £8.50 for a 16cm plate, David Mellor (davidmellordesign.com). Abbotson napkins, £28 for four, Sheridan (sheridanaustralia.co.uk). Carafe, £59, English Antique Glass (englishantiqueglass.co.uk). Melford goblets, £30 for six, Oka (okadirect.com). Cutlery, from £3 for a teaspoon, Cath Kidston (cathkidston.com)



## LESS IS MORE ▼

**S**hort of flowers or space? Opt for narrow-neck vases with statement flowers such as anemones.

Narrow neck carafes, £4.50 and £6.75, and sea blue vase, £12.99, all Grand Illusions ([grandillusions.co.uk](http://grandillusions.co.uk)). Tablecloth and napkins, from a selection, Sheridan ([sheridanaustralia.co.uk](http://sheridanaustralia.co.uk))

## BOLD DISPLAY ▶

**C**reate a talking point with a multi-coloured bouquet of roses – we chose the lovely David Austin roses ‘Kate’ and ‘Darcey’, then added fronds of a small-leaved eucalyptus. Dot votives around to create a warm glow.

Roses, from £65 for a bouquet, David Austin Roses at the Real Flower Company ([realflowers.co.uk](http://realflowers.co.uk)). Hurricane vase, £32, Oka ([okadirect.com](http://okadirect.com)). Tea light holders, £10.95 for three, Sarah Raven ([sarahraven.com](http://sarahraven.com)). White plates, £10 each, House of Fraser. Flower market metal dessert plate, £35, and Chilewich linen napkin, £9.50, both Amara ([amara.com](http://amara.com)). Tumbler, £29, English Antique Glass ([englishantiqueglass.co.uk](http://englishantiqueglass.co.uk)). Magnolia wallpaper, £73 for a 10m roll, Cole & Son ([cole-and-son.com](http://cole-and-son.com)). Tablecloth, £85, Sheridan ([sheridanaustralia.co.uk](http://sheridanaustralia.co.uk))



## SIMPLY LOVELY ▶

**G**o for displays of different heights for an informal and striking display. Keep the colour theme simple and use a mix of real and artificial blooms. Tumblers are excellent makeshift vases and can be grouped very effectively.

Turquoise vase, £29.99, Zara Home. Faux forsythia, £7.50 a branch, Gisela Graham ([giselagraham.co.uk](http://giselagraham.co.uk)). Yellow tumblers (used as vases), from £27 each, English Antique Glass ([englishantiqueglass.co.uk](http://englishantiqueglass.co.uk)). Flower wine glasses, £8.99 each, Grand Illusions ([grandillusions.co.uk](http://grandillusions.co.uk)). Maze china, £60 for a 12-piece set, BHS. Tablecloth and napkins, from a selection, Sheridan. Nancy's Blushes estate emulsion, £38 for 2.5L, Farrow & Ball ([farrow-ball.com](http://farrow-ball.com)) ■



### Tip

Cut stems on the diagonal to allow the maximum intake of water

ADDITIONAL WORDS: GRACE ALLEN







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# Twiggy:

## 'I was never breathtaking. Beauty has to come from the inside'

She was the original supermodel and is now about to become a grandmother, but Twiggy wouldn't dream of slowing down. She talks to Good Housekeeping about Spring trends, growing older in the public eye and why she hasn't ruled out plastic surgery...

PHOTOGRAPHY BRIAN ARIS INTERVIEW JESSICA CALLAN

**T**here is no supermodel quite like Twiggy. The Sixties star turns 66 this year but looks much younger, and she's as busy as ever, thanks to her range for M&S. There's no sign of tiredness today, either, as she fills the studio at the GH shoot with frequent hoots of laughter. Twiggy - real name Lesley Lawson - has an extra sparkle in her eye, as she shares her happy news. 'I'm going to be a grandmother!' she whoops. In fact, she will soon be a granny twice over, as both her daughter, textile designer Carly Lawson, and stepson Ace, the son of her husband, Leigh Lawson, will become parents in the next few months. Here she shares her style tips, shopping secrets, and her plans to keep wrinkles at bay...

**It's lovely to hear that soon you will be Twiggy the grandma.**

I can't wait! My stepson will become a dad in March, and Carly's baby is due in early May. I'm so excited. Every morning I wake up and Leigh and I just smile at each other - he is really tickled. It's very exciting. I won't spoil them at all... Ha ha!

**How hard is it for women to grow older in the glare of the public eye?**

For me, it's a fact of life. I refuse to let it become a problem, because otherwise I would drive myself nuts. I am lucky because I am very busy, I have a husband I love and adore, I have my kids and my businesses. That is my life. I am very fulfilled. I don't spend most of the [CONTINUED OVER PAGE]







'I don't spend most of the day looking at myself in the mirror thinking: oh god, I've got another wrinkle. There's no happy ending for that'

OPPOSITE PAGE: Twiggy wears jacket, camisole and skirt, Ted Baker. Earrings, Lola Rose. Rings, her own. THIS PAGE: Twiggy wears jacket and trousers, Ted Baker. Top, Twiggy at Marks & Spencer



Twiggy wears jacket, Littlewoods. Shirt, Somerset by Temperley at John Lewis. Skirt, Coast. Petticoats, sumason.tumblr.com. Heels, Carlo Pazoni. Black ring, Marks & Spencer. Other ring, her own

## Tuxedos

I wear these a lot: they look elegant and smart. I style my tux with a sequin top or a plain white T-shirt – one that's slightly ragged round the edges, so it's a bit rock and roll. You can wear them with a bustier or, if you're very brave, even a pretty bra. I would never do that, though – I think I'm too old!

## Twiggy's timeless must-haves

### Skinny jeans

I am such a jeans girl, and skinny jeans are one of my bestsellers. I like them to go up to the waist – it's flattering and comfortable and holds your tummy in!

### Brogues

My first pair of brogues were made for me by the royal shoemaker in Savile Row in 1968. You couldn't buy women's brogues then. I took a photo of Fred Astaire wearing a toffee brown and white pair and they made them in my size – I still have them. I've been wearing brogues ever since!

### Biker jackets

I love a biker jacket – they are ageless and very easy to wear. Pop one on with jeans or over a little lace dress... I don't want to tell you how many I've got – too many!

[CONTINUED FROM PREVIOUS PAGE] day looking at myself in the mirror thinking: oh god, I've got another wrinkle. There's no happy ending for that.

**Congratulations on being the new ambassador for L'Oréal Professionnel. What do you think about older women becoming the faces of cosmetic campaigns?**

It's very thrilling and flattering. I'm proud to be in the company of women like Helen Mirren. Once, you would see ads for anti-wrinkle cream and the model in the picture would be 18. You would think: oh, come on, we're not stupid! I think those powers have realised there's a very big market for the over 45s. Let's face it, we like to look good, too!

**What do you think about the Twiggy's of**

**today – British supermodels like Cara Delevingne and Kate Moss?**

There are lots of gorgeous girls, but it's not about that. Cara is so funny and sweet, you just want to hug her – she has so much personality. I think that's what happened with me. The other models were so breathtaking, but I wasn't really. I was funny and kooky. It's about the whole package. Kate Moss is like that. I love Kate. She really makes me laugh. To have that extra whatever-it-is to take the world by storm is all to do with personality: it has to come from the inside as well.

**How do you feel about plastic surgery?**

I haven't had anything done yet. I'm not saying I won't – I might. That is my

prerogative. All I will say is that if you want to have things done, just get somebody good! I think LA is quite a scary place, and it has become an epidemic. I have producer and director friends who say it's very hard casting middle-aged women because their faces don't move. If they have had too much done, they can't play a 55-year-old, but they don't look young either. It's very peculiar. The other reason is that I'm a bit of a coward! The thought of going under general anaesthetic is horrible. I'll wait until they can zap you, like having a spray tan.

**How would you describe your signature look these days?**

I do like my lovely dresses, but my personal look is tailored and androgynous. If



‘Be comfortable  
and have fun  
with fashion’



## White

White is a very uplifting colour and so flattering – it’s like a built-in reflector that brightens your skin! I like to highlight it with gold or silver for a bit of shine.

Twiggy wears jacket and top, Twiggy at Marks & Spencer. Trousers, Almost Famous. Shoes, Marc Cain. Bangles, Mango. Other jewellery, her own

somebody said you can only have four items in your wardrobe, it would have to be a T-shirt, skinny jeans, a biker jacket and brogues. Then I would be a happy girl.

### **How do you wear your own range?**

I mix and match – I do a lot of vintage shopping and have designer friends who are very generous. Stella McCartney is a dear friend – I have known her since she was born. My daughter is a print designer there, so we get to go to friends and family sales. I love Stella’s tailored things. And Matthew Williamson is a great mate. I love him.

### **What’s your main advice for women when it comes to clothes shopping and style?**

Be brave and try different things! Order clothes online and get a friend over to give

an honest opinion. I’m quite casual. My mantra is be comfortable and have fun with fashion. Unless I have to get really dressed up, I’m very much an under-dresser. Try vintage clothes, too. It’s all about the way you wear it. I have a collection of 1940s jackets, which I wear with skinny jeans. I found my bargain of the century at a car boot sale in America – a Prince of Wales check jacket with a Peter Pan collar for \$25.

### **What have you done with all your fabulous clothes from the Sixties and Seventies?**

I only kept special things, like my Bill Gibb dresses and a couple of wonderful Barbara Hulanicki outfits, which she made for me personally. But my day-to-day clothes are gone, much to Carly’s annoyance. I didn’t

think that far ahead when I was 17 and 18. I passed them on and got new things. None of us knew the Sixties would be such a big deal. And the storage... Where would I keep it all?

### **How do you stay in shape?**

I did tap dancing classes for years, which I love – it’s so good for you. I’ve had to have a break because I hurt my back, but I’ll go back to it. I also love Pilates – I prefer it to the gym, as it stretches you out. I swim when we are anywhere hot, but only in nice, warm pools! If my husband and I are in the countryside, we put our wellies on and go out walking.

### **Are you more health conscious than when you were younger?**

Back then I ate [CONTINUED OVER PAGE]



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With Robert Powell in  
Pygmalion, 1981



Alongside  
Christopher  
Gable in The  
Boy Friend,  
1971

Twiggy in mod  
yellow in 1967



Out and about  
with Leigh and  
daughter Carly  
in 1993



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Starstruck: pick up  
some of Twigg's  
style for yourself

[CONTINUED FROM PREVIOUS PAGE] and never dieted – I didn't have to, as I was so thin. I ate like a horse and nothing happened. I wasn't into cooking before I had Carly – that came after she was born. Once you have a child, you want them to have the best, and you get into that healthy eating mode. I love cooking and I think I am quite good, but Carly is fantastic – she got into it when she grew tired of eating fish and chips at university in Edinburgh. She asked me for recipes and now she's better than me.

### Do you watch what you eat?

I don't believe that diets work. People put the weight back on when they come off them. You can adjust what you eat and how you eat it. An important problem is that portions are too big – you have to eat in moderation. I try to eat healthily, and I grill rather than fry. I like puddings and will share one when I'm out. I don't deny myself – that makes you crave things. I love chocolate, so I'll have two squares after dinner, which is fine for me. I will also have a couple of glasses of wine, because what's dinner without wine?

### Your skin looks incredible. Can you share your beauty secrets with us?

Moisturise, moisturise, moisturise. I have to use a thick cream, as a lotion is not strong enough for me. The number one rule is never go to sleep in your make-up, as your skin needs to breathe at night. Sleep is my other tip – I love my sleep! I am blessed because I can go for nine hours if I'm allowed to!

### You and your husband have been together for nearly 30 years. How do you keep the romance alive?

I have the most romantic husband in the world! He even arranged our wedding as a surprise. I still get lots of flowers, beautiful gifts and little notes from him. If I'm going out to do a photo shoot, I'll get up later than him and find he's left out my breakfast with a note saying, 'Have a lovely shoot. Love you.' I'm very lucky. Not bad after 29 years!

### How do you relax and switch off?

I don't relax as much as I should, but I always have a book on the go. At the moment I am obsessed with writer Santa Montefiore. I read in the bath, as I love to soak. I also love doing jigsaw puzzles. I put them on a table and get absolutely obsessed. I find sewing and knitting therapeutic, so I am glad it's all come back into fashion. My mum always did it. It was economical in those days, when it was cheaper to make something. That's how I learnt to sew. I was a Mod and couldn't find clothes. You had to put them together yourself and make them. If I have to give up this job, I can always become a seamstress!

### What ambitions do you still have?

To keep doing what I'm doing. I would love to do another play. Eight shows a week is very gruelling, so it has to be something that I am passionate about. I was discovered in 1966, so 2016 is going to be my 50th year in the business. I can't believe it! □





\*Consumer test: 117 women.



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**GARNIER**





**FEMINISM**, equality and women's rights affect all of us. Following on from International Women's Day, six strong characters say:

# *All hail the* **FWORD!**

INTERVIEWS JESSICA CALLAN

'I've always been  
self-sufficient and the  
breadwinner'

Lisa Faulkner



## 'I'm proud and pleased I got to be a girl and not a boy!'

Cookery writer and actress **Lisa Faulkner** learnt how to fight back after receiving a very special message from her mother

**W**hen I was 15, my mother wrote me a letter in which she told me to keep my shoulders back, to look up and not to be afraid to stand out from the crowd.

It was written while she was very ill and going into hospital, and she died not long afterwards. That was a huge shock to me. It made me realise life can turn on a sixpence, so I needed to grab everything – it's really important not to be afraid of opportunity.

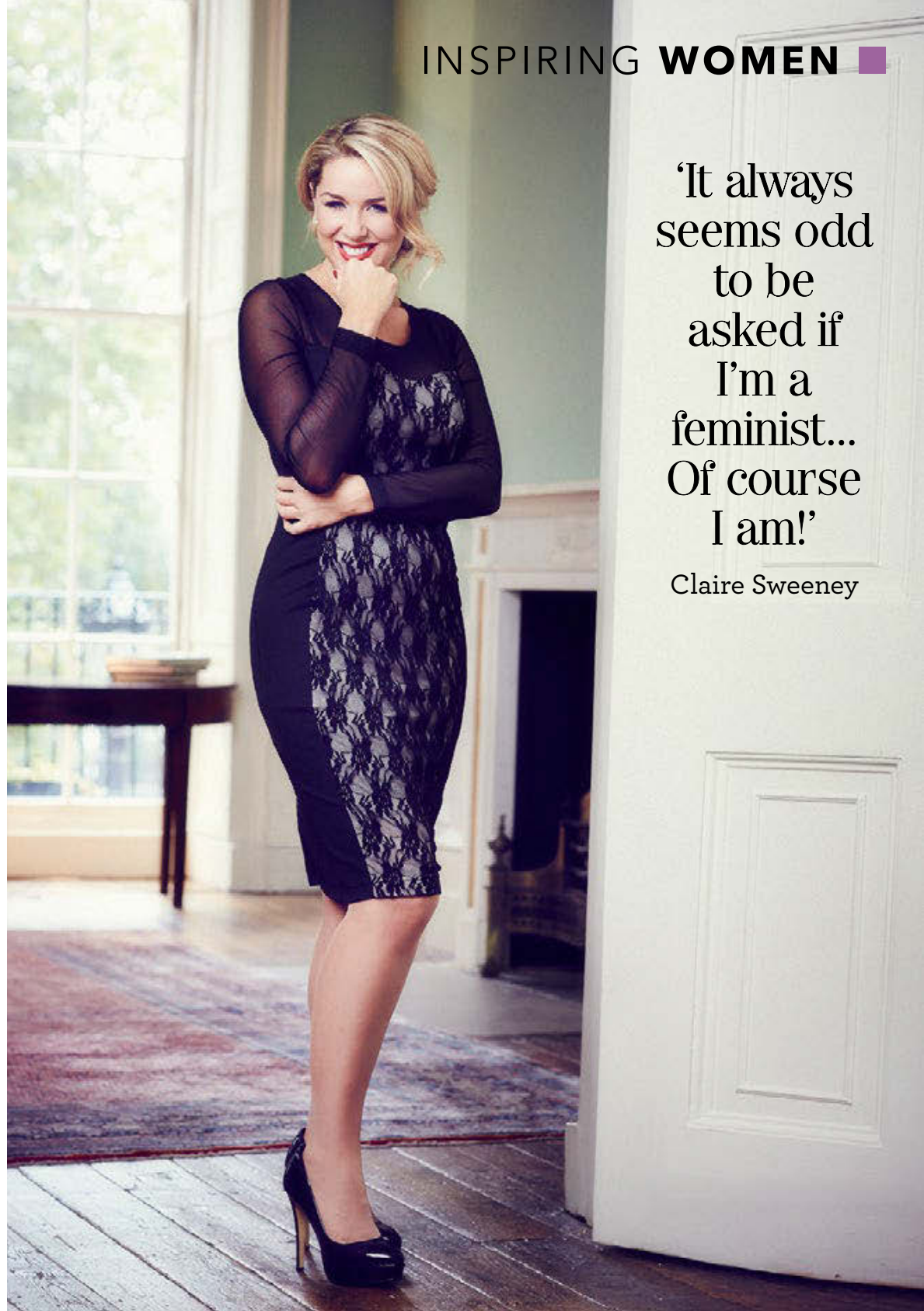
My mother has definitely been my biggest influence. She was a force of nature – like a whirlwind – and hard and soft all at the same time. She was a fantastic cook and has inspired my love of cooking. My new book, *Tea And Cake*, is very much to do with her, as there was nothing she liked better than having tea by the fire with crumpets and hot chocolate.

Since turning 40, I've definitely felt more empowered. I am honest now, whereas before I wouldn't say what I thought. I care less what people think, I stand up for myself and I'm true to myself.

I have battled with confidence all my life. There have been knock-backs, like losing my mum, having IVF and going through a divorce. But you end up growing stronger from all those things. Working and keeping going gives me confidence.

I have always been self-sufficient and the breadwinner and the one who makes sure everyone is looked after. In the old days, that was the man's role – but now that's everyone's role. It makes you. You get up every day and just get on with it. That makes you stronger. I'm really proud and pleased I got to be a girl and not a boy. I will always stand up for women and be a girl's girl. I think feminism is about being fair to men and women – I look after people the way I expect to be treated.

That's the message I pass on to my daughter, Billie, who is eight. I know she is going to have obstacles and issues and things she needs to talk about. I tell her not to be frightened of anything: go out there and stand on the stage if you want to stand there!



'It always seems odd to be asked if I'm a feminist... Of course I am!'

Claire Sweeney

## 'Gone are the days when I had to put up and shut up!'

Now she's enjoying being a new mum, but actress **Claire Sweeney** spent years being single and standing on her own two feet

**I** have always been empowered and self-sufficient. But since September, when I had my son, Jaxon, I've had to rely on other people – and I've really needed my mum. She is so wonderful with the baby, and it's injecting new life into her. Your daughter grows up, flees the nest, becomes a woman and does her own thing. But suddenly I need her and her help. I feel so inspired by her.

It always seems odd to be asked if I'm a feminist... Of course I am. Don't get me wrong – I still love chivalry

and all those things, but feminism means independence and freedom and strength. And it's very much at the centre of my new stage show, *Sex In Suburbia*.

We're always led to believe that if you are in a relationship, your life is complete. But a lot of the time when I was single, I was very happy – as opposed to being in a relationship that's not right. You're just putting up and shutting up. That's the message of the show: you don't have to be in a situation you don't want to be in. It's about empowerment and freedom.





'It's difficult being a woman of a generation who wanted it all and ended up doing it all'

Kitty Hope



## 'I've learnt to be ballsy and brave'

Businesswoman **Kitty Hope**, of sweet-makers Hope and Greenwood, has found her own way to deal with men who don't take her seriously...

**F**eminism is a thorny problem, and I'm not sure what it means any more. When I was young, feminism was much more to do with burning your bra. I think that has changed hugely. But I think women are in quite a difficult place – it's very contentious. When my mother got married, you were married for life. You didn't necessarily need to go out to work. Your children were safe and secure and provided for. But now you can be years into marriage with children, having given up your job, and then your marriage breaks down and you are left

without your income. You end up wishing you had stayed with your career.

I was at home with my son Jake until he was four. Then my marriage broke down, and I went back to work. I was 30 and, initially, a work-experience girl earning £30 a day. Every penny I earned paid for childcare, but I knew I had to go back out there and make it happen for myself. It was as much about earning money as about fulfilment. I moved into publishing and quickly went from bottom to top. I loved working, but I dreaded the day my son was sick. I didn't have any close family near me to pick up the pieces. It was a struggle.

It's very difficult being a woman of a generation who wanted it all and has ended up doing it all. How can you be CEO of something and still go home and look after your children if they are ill?


My second husband and I are very equal at home and at work. We created Hope and Greenwood together after I noticed

that all the sweet shops had gone. I had always been a baker and sweet maker, and he had an amazing antiques background, so it just clicked. We went from two well-paid jobs to naught overnight, and that makes you work hard. We had to battle for supremacy in the first year as we hadn't defined our roles.

The thing I find most annoying in business is when I am the only woman in a meeting – usually one I have set up – and the men from outside will often end up talking to one another. I went through a phase of being angry about it, and even taking in my knitting to make a point. Now if there's an introduction around the table, I say: 'I'm Miss Hope and my balls are bigger than any of yours here.' It breaks the ice.

I've learnt you have to be ballsy and brave. Sitting in the corner and whinging is not going to work. I'm much more confident now, and have gone from being affronted to fronting it up.





'I think it's getting better, but we are still nowhere near equal,' says Mary Portas

## 'Empowerment has to come from within'

Losing her mother as a teenager changed the way retail guru **Mary Portas** approaches life – and gave her that famous can-do attitude

**M**y mother died when I was 17, and I ended up running the house. It changed my outlook for ever. Until then, my father had seemed the most important person because he went out to work while my mum looked after the home and the five children. But when she died, I realised she had been the backbone of the family – the matriarch who made the wheels turn and created something wonderful for all of us. Suddenly, I had to do that. I organised meals, the finances and running the house. As I say in my new memoir, *Shop Girl*, it gave me a sense of worth that I hadn't felt before. I thought: if I can do this, I can probably do most things.

My father crumbled when my mother died, and met someone else quite quickly. Being left without any money, parents or a home, you either sink or run. I ran. I speeded up and took charge of my life. My mother was a very strong woman, and I believed that if I put my mind to something and worked hard enough, I would be able to get somewhere.

Empowerment has to come from within – there are no two ways about it. The most important thing is believing there are no differences between the sexes in terms of what you can achieve. I didn't think of feminism when I was younger – you don't until it affects you in the workplace. There were times when the managing director of the business would take just the men out to lunch. I think it's getting better, but we are still nowhere near equal.

Feminism means equality to me. I don't want to have what men have – I really love what we have as women. I think equality means being recognised equally but not as being the same as men, because we are not. I love being a woman and the mix that comes with it – being able to care and work and be connected with one's emotions.







**The power of soft.**





## 'Facelifts and trying to look 30 are a betrayal of the sisterhood'

Singer and actress **Barbara Dickson** learnt from experience how to become a strong woman in the music industry, and still loves being on tour at 67

**T**he most courageous thing a woman of my age needs to do is to be absolutely steady when it comes to the beckoning and pressures of getting a facelift, and having procedures to make yourself look 30. I'm not having anything to do with that. I am being slightly tongue-in-cheek here, but it is a betrayal of the sisterhood. It's a betrayal of older women – it says they are rubbish and therefore you've got to make yourself into a young woman.

I'm half as rubbish now as I was when I was 30. I'm a better woman, a better wife and mother. I'm more considerate and kinder. I do all of that now, which I didn't do when I was 30 because I was too nervous and self-obsessed to worry about anything but myself. I don't want to be 30. I'd much rather be the age I am now with wrinkles and all that stuff – but looking great.

I was not empowered as a young woman, but I had an absolute rock-solid faith in the fact that I was good. I'm not a tough egg: I'm fantastically insecure. I'm a working class girl from a housing estate in Scotland. If someone said, 'why do you have bags under your eyes' or 'that hair colour is awful', I believed all that, like most women do. But you grow stronger when you're older and realise that a lot of that doesn't really matter. It comes with age. In the world of folk music you are allowed to get older and be respected

for what you have to offer, which is lovely.

I still tour every couple of years, and I will be taking my album *Winter* around England in March. My audience is very interested in the fact I am doing what I am doing. I do well for my record company, but I am not Rihanna.

Empowerment is something to do with learning – keeping your eyes and ears open and being seen for what you are. My problem is that I'm very often not seen for what I am. I'm



'I don't want to be 30 – I'd much rather be the age I am now,' says Barbara

seen as a lady with big curly hair and shiny frocks and I Know Him So Well [from the musical *Chess*]. But that is just part of my history. I know what I am and my family and fans know what I am, so I'll continue for as long as I can do it well. To me, it's about keeping reasonably fit, having direction, having a work ethic and having a strong conviction that I can still do this job.



'You've got to give girls a sense of all the things they can do,' says Mel

## 'I'm a feminist through and through'

The Great British Bake Off presenter and host of Sky One's *Relatively Clever* quiz show, **Mel Giedroyc**, is inspired by incredible female role models in her family

**I** come from a family of very strong women. I'm a feminist through and through, but it's not something I've felt I have to shout about. I got it naturally from the women I grew up with.

My father's mother, Babunia, was one seriously strong woman. She got her three children through Siberia in the war, which is no mean feat considering the number of people who perished. She lived close to us and was an extraordinary woman – I absolutely loved her. She wasn't a loud person and didn't do the things we associate with empowerment, like running a business or a bank, but she radiated strength.

I haven't met anyone more empowered than my mother. She's very much in the Mary

Berry mould – principled, selfless and not a doormat. I find that much more appealing than Madonna. I quite like women who are empowered without having to take off their clothes... Call me old-fashioned!


I have daughters of 10 and 12, and I give them quite a lot of feminist spiel... I feel I have to. You've got to get them when they're young and give them a sense of all the things they can do. Sue Perkins and I have fought in our own small way, hopefully paving the way for more female double acts.

The older you get, the more you realise that's what it's all about. I'm 46, and my main priority is to make sure my children are well brought up, compassionate, kind women with a strong self-belief. □



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## *'It's been* **THROUGH** *so much, but the* **FIGHT** *goes on'*

Her experience has made Sarah Thornber's positive attitude all the more incredible

'One of my first memories is of my mother having breast cancer. I was just five and I knew it was serious from all the flowers by her hospital bed – I'd never seen so many. She recovered but, 20 years later, the cancer came back. This time it had spread, and she passed away 18 months later.

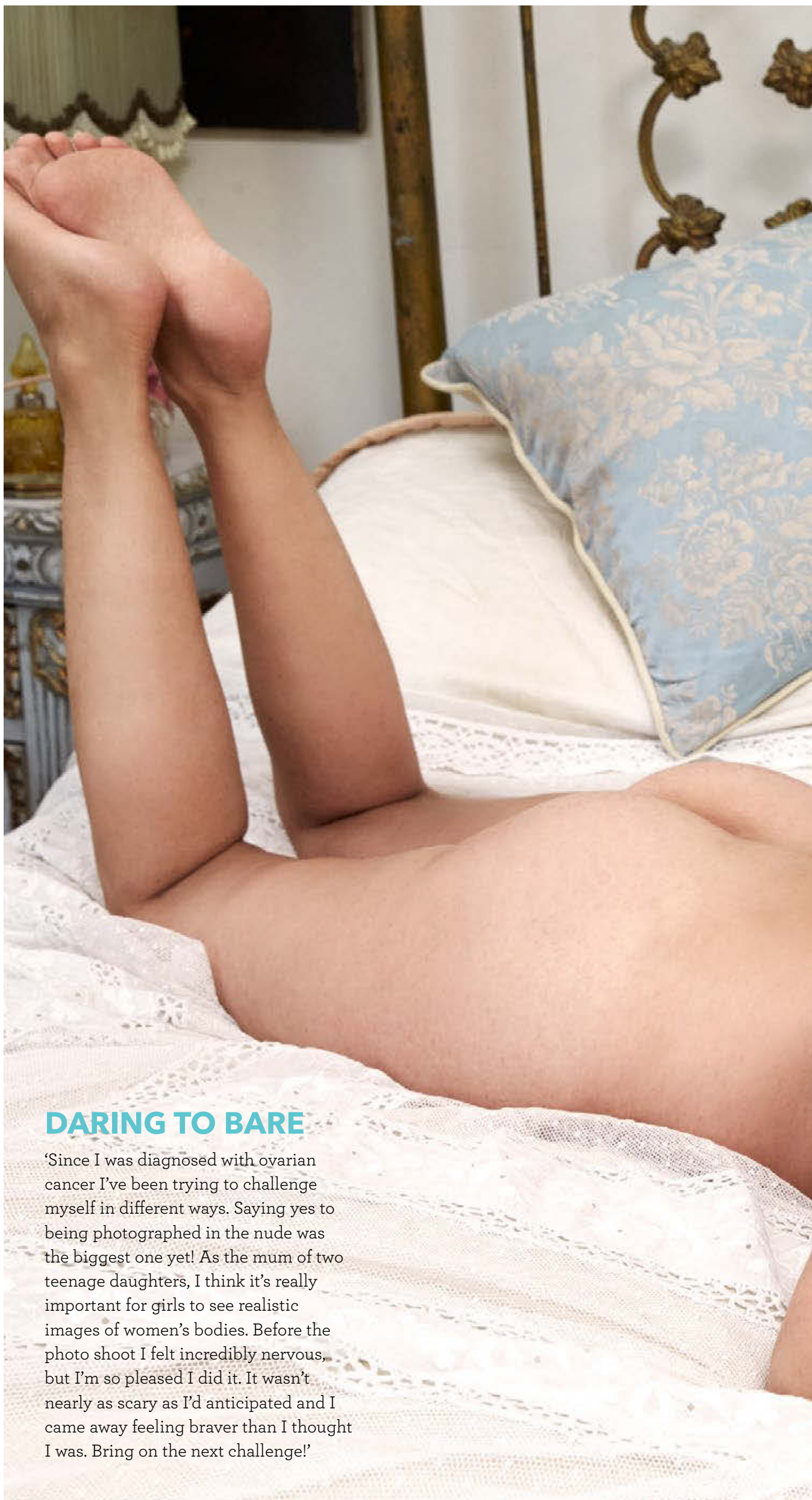
Her cousin had breast cancer too, so my sister and I were offered a test to see if we carried the BRCA1 gene. It felt like I'd been given a chance to take control – one Mum hadn't had. When I tested positive and was told I had an 85% chance of getting cancer, I decided to have a preventative double mastectomy. By then I had my two daughters, Amelia and Olivia, and I'd have done anything to be around as long as possible for them. The surgery was straightforward, but I caught MRSA and I had to have seven more operations to clear the infection. I was left with a lot of scarring, but the first time I looked down at my chest, my only feeling was: I'm safe now.

I was supposed to be having more reconstructive surgery, when tests came back showing I had cancer on both ovaries. Telling my girls was the hardest thing; I knew from hearing Mum say the same words to me how scared they must feel.

My family was so supportive, particularly my father, who looked after us all when I had a full hysterectomy. I'm a single mum so I couldn't have done it without him.

Five years on, I'm now on my fourth cycle of chemotherapy. I know my cancer is not curable. It makes me sad sometimes how quickly my girls have had to grow up. But we make the most of the good days.

Growing up, I was very insecure about my shape. Now I have scars on my chest and tummy but I'm so grateful to my body. It's been through so much and it's still fighting on. I love it more than I have ever before.'



### **DARING TO BARE**

'Since I was diagnosed with ovarian cancer I've been trying to challenge myself in different ways. Saying yes to being photographed in the nude was the biggest one yet! As the mum of two teenage daughters, I think it's really important for girls to see realistic images of women's bodies. Before the photo shoot I felt incredibly nervous, but I'm so pleased I did it. It wasn't nearly as scary as I'd anticipated and I came away feeling braver than I thought I was. Bring on the next challenge!'





# Dear body... YOU'RE AMAZING!

*Think of all the time and energy we'd save if we stopped feeling bad about our bodies. These four women share how they quieted the critical voices in their heads and learnt to love the skin they are in...*







## ON MY OWN TERMS

'Having my photo taken with no clothes on is something I'd never have done when I was younger. I just didn't have the confidence. So to do it now, at 40 and after I've had two children, makes me feel empowered. To me, the photo is a celebration of the long way I've come and the courageous woman I am today. I'd love it if other women looked at my photo and felt inspired to be kinder to themselves. We're all perfectly imperfect, and we need to stop for a minute to appreciate how amazing our bodies are.'

*'We're all PERFECTLY IMPERFECT – I've learnt to make my CURVES work for me'*



## *'I feel* CONFIDENT, SEXY *and* PROUD *of myself'*

When her partner left her, Oriana Criscuolo's confidence plummeted. But thanks to a daring new passion, she's got her mojo back.

'Getting up in front of a crowd of people in only a corset and knickers is terrifying. I've been performing burlesque for a few years now, but in the lead-up to a show, I have all the worries of women my age about my body. As soon as I step on stage, though, and hear the first beat of music, I'm on a high. I feel confident, sexy and proud of myself – including my wobbly bits!

Three years ago, I saw myself very differently. I'd put on four stone while I was pregnant, and I felt frumpy. Then, in June 2012, my partner told me he'd been having an affair. I felt as if I'd been hit in the chest. I kept picturing the other woman as slimmer and prettier than I was. My confidence was at rock bottom.

It was only when I thought about my two daughters that I realised I needed to do something to get my sparkle back. I'd been to a burlesque show quite a few years before, and although I'd loved the theatre of it, I'd never have had the confidence to actually do it. Now I decided to take myself out of my comfort zone and I signed up for a beginners' course.

I was very nervous and the dance moves were tricky, but I soon relaxed into it. Leggings and a T-shirt didn't feel right, so after that first class I bought a corset and frilly knickers, which made me feel amazing. I could finally let go. Now, I go to a class once a week and perform with a group. Later this year, I'm planning to do my first solo show.

I'm still a size 16 – it's the way I see myself that's transformed. I've learnt to enjoy my body and how it moves. Before, I was looking to other people to make me feel good, but that doesn't work. You have to love yourself first. Nothing is more attractive than someone at ease in their own skin.'

## A BODY RECLAIMED

'When I saw my picture, I could hardly believe it was me – I look so glamorous. I'm glad you can see my tattoo, as it means a lot to me. I had it done as a way of reclaiming my body after all those years of illness. It's something beautiful to look at. I wanted to take part in the photo shoot to show that having an illness like mine doesn't have to stop you feeling like a woman. I love my photo so much – I'm sure I'll still be looking at it when I'm in my 80s and reminiscing.'

## *'I'll never* COMPLAIN *about my* SIZE *again!'*

Illness has transformed Anna Rennie's body, but she's grateful to still be here.

'It's frightening how quickly your whole life can change. One day I was 27 and training hard for my first triathlon, the next I was told I had a life-threatening condition called Crohn's disease. Mine was severe, and I ended up being rushed into hospital. When I was told my only option was to have a stoma, where they bring part of your intestine to the surface and fit an ileostomy bag, I numbly agreed. I just wanted the pain to go away.

After the operation all I could think about was getting on with my life. Of course, there were days when I thought, "Why has this happened to me?" but I'd remind myself how lucky I was to still be here. I was determined to build my strength back up. One day, I challenged myself to walk to the front door, then to the gate. The day I cycled to the end of the road and back, I was so happy. I felt like me again.

Seven months later, I finally took part in

my first triathlon. I came 40th out of 80 women, but as I raced over the finish line I felt a surge of elation. I'd done it!

I've worked hard to make sure I'm defined by things other than my condition – I'm studying silver-smithing and I am also in a happy relationship. For a long time, dating seemed too daunting – but four years ago I met Nigel and we now live together. Undressing for the first time in front of someone is always nerve-racking, but especially so when you have a stoma. But all Nigel said about the bag was: 'It's part of you, so it's not an issue.'

Having Crohn's has made me appreciate what I have got. I may get tired, but it's great to be alive! I remember looking in the mirror for the first time in hospital, and saying to my mum: "After going through so much, I'm never going to complain about my weight or my size ever again."





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## 'I call my PERT BOTTOM my BEYONCÉ bum!'

After her children left home, Louise Cave decided to do something totally different. Now she's running her first marathon, at the age of 58

'Four years ago I felt I was in a rut. My children had left home and were setting off on exciting careers. If I'm honest, I felt a little jealous. I'd never found anything I was passionate about. I decided that, with at least a decade before retirement, I should do something for myself.

So one evening, my husband and I made a list of all the things I loved doing. I enjoy exercise, and John suggested I could teach classes. At 54, I'd never have thought about that myself. I felt a tingle of excitement and tried to ignore the critical voice in my head that told me I was too old.

After some research, I applied to do an Exercise To Music course, run by the YMCA. It was hard to be studying again, but I passed the anatomy and nutrition sections with flying colours. The final part was a six-day practical workshop. The other students were closer to my children's age but I kept up, no problem! When I was told I'd qualified as a fitness instructor, I felt ridiculously proud.

Now I teach 10 Zumba classes a week and there's a waiting list. I like to think I'm an inspiration to the women in my classes. Even though I am very fit, last Summer I noticed my muffin top was getting bigger – Lycra isn't very forgiving! I think my body had got used to all the exercise. So I set myself a new challenge: to run the London Marathon in 2015. I'd dreamed of doing it since I was young and I feel very privileged to have been chosen to run for Cancer Research.

I started training hard, and within three months I'd lost a stone. Like lots of women, I tend to zone in on the bad bits – my wrinkly tummy, my bingo wings – but I do love my pert bottom, I call it my Beyoncé bum! I know I'm in great shape, and I'm fitter now than I was in my 20s.' ■

### FIT FOR PURPOSE

'I feel comfortable stripping off in front of people in the changing room, and at the photo shoot I just tried to forget there was a camera pointing at me. I really enjoyed the day and when I look at my photo I think: not bad for a woman in her late 50s. It's boosted my confidence. I haven't told anyone about this, not even my husband. He turns 60 this month, so when I show him my picture in Good Housekeeping it will be a big birthday surprise!'



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# My first time hearing birdsong, a child's giggle, wind in the trees...

It was a truly transformative moment when Jo Milne was able to hear for the first time, and the video of her reaction has now been seen by millions all over the world. She shares with GH the real reason for the life-changing surgery

Sounds seem to course through my body, making the hairs on my arms stand on end. I never realised how loud the world is. As the audiologist recites the days of the week – Monday, Tuesday, Wednesday – I break down in tears. They are the first words I have ever heard. I am 39 and, until this moment, I have lived in a world of silence...

I was 16 months old when doctors diagnosed me as profoundly deaf. My parents were upset but determined – they vowed I would grow up no differently from my older sister. A few months before my third birthday, I was fitted with a phonic ear – a big box on the front of my chest that hooked up with hearing aids behind my ears and was meant to amplify every sound around me. Despite all the equipment, I still couldn't pick up anything except perhaps a whisper of a deep belly laugh. Mostly, the only thing I could hear was white noise.

At school I relied on lip reading. Mum explained to teachers that I needed them to face the class to speak and let me sit at the front, but many didn't



Common sense: 'There is no point comparing one sense against the other – instead, I embrace what I have today,' says Jo

'I heard a sound above me as if the roof was falling in – it was someone walking in high heels!'



[CONTINUED FROM PREVIOUS PAGE] make allowances. I left school at 16, determined to find a job that would allow for my lack of hearing. One of my first jobs was in a hospital library, where I worked alongside a blind man called Paul. We'd often have the same conversation: is it better to be deaf or blind? I'd describe a beautiful flower, or a smiling face to Paul, while he'd try to explain how a song or a laugh could transport him. I'd always say it was better to see, he'd insist it was better to hear. For both of us, our remaining senses were all we'd ever known.

Then, in my 20s, the worst happened. I started to notice that it was becoming increasingly hard to check over my shoulder while driving. When I parked, my car door clunked against a bin I hadn't even seen. Eventually, I was referred to an eye specialist. Finally, at 29, I was given a devastating diagnosis: I was going blind. It turned out that my deafness was part of a rare genetic condition called Usher Syndrome that would eventually, bit by bit, also rob me of my sight.

Despite my deafness, I'd always been a happy, positive character, but now I fell into a deep depression. What was there to live for if I couldn't see or hear? They could take my legs, my arms, anything – but not my eyes. Vision was the one thing I needed most.

For four years I cried and mourned the loss of my sight. I used a white stick and got a guide dog and, very slowly, my new disability became easier to bear. I told myself not to grieve for my eyes while I could still see something. And I began to wonder if there was a chance that another sense could be restored.

I'd always known cochlea implants were possible, but I'd never met anyone who'd had them. I didn't know if they could work for me and, independent as I was, I hadn't really cared. With the loss of my sight, I began to realise there might be a way life could be better for me.

The surgery itself is complicated – in fact, it's classed as brain surgery. A cochlea implant does the job of the inner ear, converting sound into electrical signals that the brain can change back into sound. The user wears a hearing aid around the back of the ear, which is connected magnetically to the implant inside the brain, which in turn sends signals to the auditory nerve. Twenty two electrodes are woven on a wire into the existing cochlea, and the brain converts the signals it receives from them into sound. There are risks, too. If the surgery went wrong, it might rob me even of the white noise I'd



**Growing up in silence:**  
'Despite all the equipment,  
the only thing I could hear  
was white noise,' says Jo

come to rely on. But I had to take that chance.

In February 2014, I underwent the eight-hour operation. All went smoothly, but then came a month-long wait for everything to heal before I would know if it had worked. Finally, the day of the test arrived and I went with my mum to the hospital. For two hours the audiologist lined up the electrodes with the implant as I sat anxiously waiting for my ears to be switched on for the first time.

Suddenly, sound shot through the air. It bounced off the ceiling, flooded into my ears and invaded my body. I had no idea that sound wasn't just about hearing – it was about feeling, too. It was nothing like I'd imagined it to be before. I heard a noise above me as if the roof

was falling in – it was someone walking in high heels! The moment made me weep joyous tears.

All that time my mum had been filming. 'Smile, Jo!' she said, and I crumbled all over again. Her voice – the first time I had ever heard it – made me feel reborn. And it continued. Stepping out of the hospital, hearing a child's voice, a giggle, footsteps, the wind in the trees, all of these firsts came flooding into my new ears.

Over the next few days, I heard more and more sounds to add to the library I was building in my mind. I jumped out of my skin when I crunched down on a crisp – I had no idea they were so noisy! I didn't realise that rain made a sound when it hit the ground – I'd never heard a bird or the rumble of an engine.

One day, I woke up to find reporters camped outside my home. My friend had posted the video of me hearing for the first time on YouTube and it had gone viral! I suppose very few people can imagine what it's like, at 39, to hear music for the first time or birdsong or, indeed, the sound of my own voice. I had been happy when I was deaf, but this was something very different – realising all the sounds I had been missing out on.

My sight continues to get worse. It is now reduced to a small tunnel, like peering at life through a letterbox, and I need my guide dog to get around. As I wrote in my new book, *Breaking The Silence*, losing it completely is a frightening prospect. And yet, if and when that day arrives, I know I will cope – just like I coped without my ears. There is no point now comparing one sense against the other – instead, I embrace what I have today. I'll worry about tomorrow when it comes.

There is a Bob Marley quote: 'Love the life you live, live the life you love.' That is exactly how I feel. Today I am able to hear and, although my sight has deteriorated, I still see the faces of those I love. And that is something worth celebrating. □

## WATCH FOR YOURSELF

**The video of Jo hearing for the first time has now been watched more than 4 million times.**

**You can see it at [goodhousekeeping.co.uk/woman-hears-first-time](http://goodhousekeeping.co.uk/woman-hears-first-time)**





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# Unplugged: *it's time to rediscover real life!*



**A** couple of years ago, none of us would have known what a digital detox was. Now, I don't know anyone who doesn't want to go on one tomorrow. Or maybe even right now. There is a whole industry of detox weekends, boot camps and spa days with no mobiles or iPads allowed. Who wouldn't want to reduce the amount of time spent staring, scrolling, tapping and texting? I love the connection technology brings. But I resent how much it's taking over everyday life. And sometimes I feel pathetically powerless to fight back.

The average person checks their phone every six and a half minutes. That's up to 200 times a day! And one in four of us spends more time online than

**'We check our phones every six and a half minutes'**

we do asleep. I am inordinately fond of my phone and my laptop, and spend at least five or six hours a day attached to one or the other. I love Twitter and Facebook. I use eBay and Amazon too much, and I have an on-off flirtation with Etsy and Pinterest. But there are many times when I wonder if it isn't all an extraordinarily elaborate time-wasting exercise.

A study last year by the University of Salford about self-esteem and social media found that 50% of people replied that 'use of social networks like Facebook and Twitter makes their lives worse'. Younger people call it FOMO (Fear Of Missing Out). I call it 'the grass is always greener'. And it's never greener than in someone else's Instagram pictures. But then again, a recent survey showed that women who use social media experience less stress than women who don't use it. So what is the truth? To try





[CONTINUED FROM PREVIOUS PAGE] to find out, I forced myself to take a four-day screen break. Long enough to make a difference but short enough to be manageable. No Twitter, no Facebook, no texts, no using my phone as an alarm, no laptop. I would allow myself TV and the emergency use of a landline. Help!

## Day One: Who knew a day was so long?

I feel curiously bereft and itchy, like I've got caffeine withdrawal. My phone dictates the rhythms of my day: I use it to wake me up and I even check my messages before I get out of bed. It makes me feel like I am on top of things but, on the other hand, I realise I'm constantly on call, like some kind of weird non-emergency brain surgeon with no actual patients.

So I spend the day catching up on work that can be done without a screen: tidying, sorting, reading. Funny how much you can get done when you are not interrupting yourself every six minutes. All the same, the symptoms of FOMO – twitchy, restless, annoyed – are all there. I'm short-tempered with my husband and snappy with my children. Maybe this is withdrawal. Or it's my real internet-free personality? Worrying...

## Day Two: Is there anybody there?

Most of us wouldn't admit to using social media networks to feel less lonely. But that is why they're so popular. And I find that I do feel lonely without checking up on, er, thousands of people. (I have 10,000 followers on Twitter and follow over 2,000 back... Maybe I should cut that back a bit.) I have to admit, too, that the caffeine withdrawal feeling is still there. I am really struggling. On the plus side, I have finally finished reading a 900-page book that I have had on the go for the past two years (Far From The Tree by Andrew Solomon, a brilliant but difficult memoir about complicated families) and I feel curiously calm in a way I haven't since possibly 1985.

## Day Three: Curiouser and curiouser

What this break has made me realise is that there is a lot more time in the day. I regularly think, 'I'll just quickly check my Facebook...' and then I'm off down a virtual rabbit hole chasing celebrity biographies and the books on my Amazon Wish List and just one more item for the eBay Watching List. Before I know it, I've wasted half an hour rather than just sending one text like I was supposed to.

## Day Four: The mist is clearing

I am more relaxed and less snappy with the children. 'I like it when you're not using your phone so much,' says eight-year-old Vera. They often tell me off for being attached to my laptop and phone. I point out to them that it's better I use my laptop and phone to work and earn money than go to an actual office.

'This break has made me realise there's more time in the day'

Perhaps unsurprisingly, I have ended up doing things that I would not normally do. I have been on a walk to the river with the children. I've watched Star Trek with my 11-year-old (something I would have said was a waste of time – as if checking Facebook the whole time isn't). And I have read a novel (AD Miller's The Faithful Couple) and an autobiography (Amy Poehler's Yes Please). The novel is about a friendship that is nearly undone by social media. And Amy Poehler hates social media. Coincidence? Hmm.

## What did I miss?

When I log back on I have 412 unread emails, 47 Twitter replies and several direct messages on Facebook and Twitter. Five text messages remain unopened. But have I lost out on anything important? In terms of properly important things, I have missed two: a last-minute job booking and a document that needs scanning and signing urgently. Too bad. To be honest, I'm more upset about a pair of Boden leopard print ballerina flats that have gone for £12.28 on eBay. I would have paid more than that. I realise what I really use the screen for: treats I don't actually need.

So the past four days have helped me to understand

that I don't need to be quite so much of a control freak. I repeat my new mantra: I do not always have to be available and online. I've found a way of managing my inbox that plugs me in a lot less often. I dedicate half an hour to emails halfway through the morning, deleting ruthlessly and pulling anything that needs attention into an Action box, which I sift through later in the day. I'm still allowing myself the early morning email session because it makes me feel more organised. Staying offline means I check Facebook less and I try to use Twitter only when I'm out and about.

What I've realised is that a delay of a few days is rarely a matter of life and death. Because I am not an actual brain surgeon. I am just someone who needs to live more in the moment. □



Switch off: swap screen time for family time

## How to prepare for a DIGITAL DETOX

- ✓ Put an out-of-office message on your email explaining when you'll next be online.
- ✓ Run your electronic devices down so they have no battery life. Or lock them away. Out of sight, out of mind.
- ✓ Give out an emergency contact number so you're not thinking about who might need to call you.
- ✓ Arrange to do things you don't usually make time to do. Start a book you've been meaning to read for ages. Talk more to your partner/children/friends. Go for a walk. Get a life!



PHOTOGRAPHY: GETTY, CAMERA PRESS/FUER SIE



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L'ORÉAL  
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# There's nothing like being a dame!

News that she was being given a damehood rendered Esther Rantzen uncharacteristically speechless. Now she's back in her stride and enjoying it enormously...

**I** was trying on shoes in LK Bennett recently when I found myself facing the most unexpected but delicious dilemma. As the ones I wanted weren't in my size, the assistant offered to order a pair. First she needed my personal details. "Miss, Ms or Mrs?" she began. For a second I was flummoxed. "Actually, it's Dame," I blurted out, hoping I didn't come across too grand. She didn't miss a beat. But, as I prepared to leave, I realised she didn't know my surname.

Looking baffled, she replied: "Yes I do. You're Miss Esther Dame." So now I'm Miss Esther Dame to my friends. My children simply call me Dame Mum.

Being made a dame in the New Year's Honours list has been one of the proudest moments of my life. It means the wonderful work done by the Silver Line and ChildLine teams has been recognised. I know I shine in their reflected glory. And I hadn't a clue that I was being considered for a damehood until an envelope "From the Cabinet Office" landed on my mat just before Christmas.

The letter inside was very formal, asking if I was agreeable to the proposal that I should be honoured with the title of Ordinary Dame Commander of the Civil Division of the Most Excellent Order of the British Empire. Agreeable? I was so thrilled I was speechless for the first time ever. My daughter Rebecca, 34, found me 10 minutes later – standing stunned in the middle of the room, letter in hand and mouth open. After we'd both danced a jig, I rang my other children, Em, 36, and Joshua, 33.

It was very difficult to keep secret until the list was finally announced. One of the first things I did when I was allowed to go public was email my friend and fellow knight, the musician and philanthropist Sir Richard Stilgoe for advice. For anyone who may find them useful, here are Dicky's tips:

**\* Feign bewilderment.** How very true. You don't want to appear so big headed you think you actually deserve the honour.

**\* Tell everyone to keep calling you Esther, Susie, Linda or whatever...**

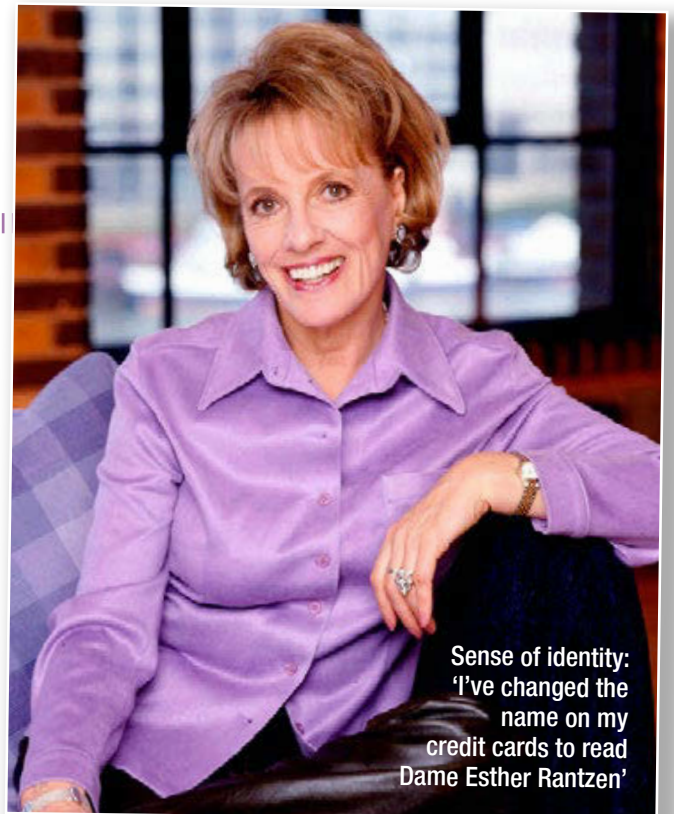
Easier said than done. How should I have answered the assistant in LK Bennett? To avoid further confusion, I've changed the name on my credit cards to read Dame Esther Rantzen.

**\* People will treat you differently.**

**Counterbalance this with extra friendliness.** I've been stunned by the outpouring of kindness. Despite being the woman once known on That's Life for interviewing talking dogs and displaying odd-shaped fruit, I haven't had a single negative comment. The last time I remember people being so thrilled for me was when I was pregnant. How can you not feel extra friendly?

**\* Don't use it to get tables in restaurants. Do use its additional clout to make yourself heard for your causes.** I knew I wouldn't find this one difficult to follow.

Childline, which I founded in 1986, and The Silver Line, a helpline for elderly people who are lonely, mean so much to me – indeed, Silver Line came about after I wrote a newspaper article three years ago in which I admitted to being lonely. I've been a widow for 15 years, since my husband, Desmond Wilcox, died. The hardest time was when all my children had left home and I had just moved from the family home. Coming back to an empty flat after a busy day was bleak and gloomy. The article opened the floodgates. I was stunned to find that loneliness is so common. Yet it still carries such a stigma, many elderly people refuse



*'The last time I remember people being so thrilled for me was when I was pregnant'*

to acknowledge it. One friend even said: "I thought you would have more pride, Esther." I was inundated with letters and emails from other lonely people who were relieved that I'd been honest. It allowed them to talk about it, too. I realised then that there was a desperate need

for a phone line where people could pour out their feelings and get support.

That was in 2013 and now it gets 1,000 calls a day – all the more reason to keep pushing for extra funds and publicity. This March, we're releasing a compilation album, Silver Linings, featuring artists like Tom Jones and Dusty Springfield. It will raise funds for the helpline and hopefully cheer people up, too. I know how important music is – I only have to listen to Up, Up And Away and the clock's swung back 20 years and I'm celebrating my 55th birthday with a present from Desi – a trip in a hot-air balloon.

Indeed the only downside to damehood is that Desi is not here to share it. I know he would have been tickled pink to have been married to a dame – and, of course, I would have insisted he still called me Essie... □



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## Pam Ayres

# 'The secret to a happy marriage... plenty of rows!'

Queen of comic verse Pam Ayres on having faith in yourself, making new friends and what she learnt from facing bankruptcy

**D**are to be different. If I could talk to my teenage self, I would get her by the scruff of the neck and say, don't be afraid to take a different course from everyone else. I longed to go to drama school, but it was very much discouraged by my teachers. The feeling was that I ought to get a good job with a steady income, so I went into the Civil Service at 16. I couldn't stand it, it was so dull. I didn't start performing until I joined the Women's Royal Air Force and was posted to an RAF base in Singapore. They had a variety show every week and because I couldn't play an instrument or do much else, I wrote some funny lines to read out. People actually laughed – it was like someone had suddenly switched a light on.

**Stick to your guns.** If you believe what you're doing is worthwhile, put your whole weight behind it and give it your best shot. I didn't know anybody else in the world who was performing funny poetry when I started out. I went out on a limb. It didn't sound very promising but, 40 years on, I'm still doing sell-out shows all over the country. I'm not saying that in any arrogant way – I was just persistent. There have been times when I've been hurt by bad reviews from somebody who obviously didn't like me. Criticism is one thing, sneering is another. But you have to be strong and develop a thick skin.

**The odd row is good for a marriage.** My husband, Dudley, and I have had plenty of fights over the kitchen table and they clear the air. But there are also plenty of times when we have a good laugh together. I respect him enormously, especially for the way he's looked after our sons, William and James. My parents' marriage wasn't a great example. I didn't learn a lot from them, except to stick up for myself and not to let anybody make me feel cowed.

### For the record

★

Pam's career as a poet took off after she appeared on TV talent show Opportunity Knocks in 1975.

★

She has nearly 30,000 followers on Twitter, thanks to the short poems she posts @PamAyres.

★

Pam Ayres's latest collection of poems, *You Made Me Late Again!* is out now in paperback.

★

**My sister is my best friend.** If I'm feeling really down in the dumps, I go to see Jean. I can talk to her about anything and everything – if I'd murdered someone, I'm sure I could tell her!

**Hard times make you stronger.** In the 1990s, Dudley and I bought an old barn, which we planned to convert into a theatre. We could hardly afford it and it was a real struggle for us to buy. Then interest rates suddenly shot up to 17% and we went into free-fall. We were in danger of losing our own home. It was terrifying. There was a lot of shame attached to bankruptcy in those days and the stress made me very poorly. We decided we were going to fight to the bitter end so we took on any work we could. I did a show every night, often with excruciating migraines, and in the end we managed to pay off the bank. It was a harrowing experience but it strengthened us as a couple.

**Never assume other people have a better grip on life than you do.** There was this mum I used to see at the school gates when my boys were young. I admired her because she seemed so confident and full of beans. I was feeling really fed up because of our money worries and I needed a break so I plucked up the courage to drop her a note, asking if she fancied lunch. It turned out that she was as down in the dumps as I was. We became great friends, all because of my postcard.

**Count your blessings.** I know it's a corny old statement, but it's so true. If you feel a bit dejected, it's not a bad idea to tot up what you've got going for you.

**The secret to a happy home is love.** It doesn't matter how posh it looks if you don't get on. Friends often say my house is homely, welcoming and warm. I'd rather that than someone saying it was well designed. We have four dogs, so nothing nice ever lasts! □



Pam: 'Difficult times have strengthened us as a couple'



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SOLUTION

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# Friends...

## Why can't a woman be more like a man?

Women find friends and cultivate social circles at every stage of their lives. Men? Not so much, says GH's Victoria White, who has started to wonder if perhaps they have the right idea...



Victoria: 'I admire his ability to say no. I just can't do it'

### On Monday morning

my husband, Peter, and I sit down over breakfast and discuss our respective diaries for the week ahead. The conversation usually goes something like this...

Me: 'I said I'd have drinks with Alexandra on Wednesday to hear how her new job is going. Oh and on Saturday Richard is having birthday drinks in town and on Sunday we've got Tim and Alison coming for lunch with the boys.'

Him: 'OK.'

And that will be it. No input whatsoever from his side about social engagements he has arranged. There's barely a glance up as he scans the BBC website and eats his porridge. After 20 years of our marriage, this is nothing new.

As an only child, I suspect my ability, and perhaps need, to collect friends magpie-like stems from having no one to play with on family holidays. At the age of

six I would approach total strangers at the hotel pool and ask them to be my friend. It's entirely possible that my fear of ending up lonely drives me socially more than those who have family to fall back on. As a result, I have old school friends, old university friends, old work friends and I'm not done yet. Granted, I haven't seen some old friends for years and I can't be certain that my newest friendships will last the course, but my social circle is complicated. A Venn diagram of all my friend groups

*If I tried to do a Venn diagram of all my friend groups it would look like the inside of an Aero bar*

would look like the inside of an Aero bar.

Not so my husband, who has, at the most, three friends. There's his old school friend Tom; the husband of one of my friends whom he meets once a month for lunch; and his former boss, Toby. And that's it. He has a birthday card list shorter than someone in witness protection. If his mobile phone rings, it will be a sales call (or his elder sister, but only if it's a Sunday evening). And he is genuinely happy if we don't leave the house all weekend. Meanwhile, I view this as a failed 48 hours: no funny anecdotes to tell the girls at work on Monday morning and a slight feeling of cabin fever if I don't pass over the doorstep.

But if all this makes you think Peter must be some sad curmudgeon, you'd be miles from the truth. My husband is the life and soul of any party I have arranged for us to be at. In a former life he was a stand-up comedian and he loves to make people laugh. But he is equally happy to be absolutely alone.

And here's the thing: as I get older, I'm beginning to envy him that. I used to see his reluctance to go to the opening of an envelope as some sort of antisocial behaviour, but now I admire his ability to say no. I just can't do it. As I fly out of the house to hook up with an old friend I haven't seen in years (and probably for good reason), I see him snuggling up on the sofa with our boys about to watch another episode of Star Trek and I wonder why I just can't manage to prune my friend list. What am I hoping to gain from yet another evening in a local wine bar, catching up on life-movements of a former colleague that, in truth, I have already seen played out on Facebook?

A quick straw poll of my girlfriends confirms that, yes, their husbands also have fewer than five proper friends. American psychologist Thomas Joiner attributes this 'not uncommon' phenomenon to men's pursuit of wealth and power at the expense of everything else. In the case of my husband (who I have to say, lovingly, is no Bill Gates) I actually think it's simpler than that: aged 52, he has found contentment with his family and his life. He has reached emotional nirvana and is happy to let me take the friendship driving seat. And actually, it does look quite nice on that sofa.

People say that friends are the family you can choose. How nice, then, that my man is happy with what he has. Next time we spend the weekend in our pyjamas, I'll remember that. □





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# GOOD LIFE

## THIS MONTH WITH *Gabby Logan*

The presenter who could teach any man a thing or two about sports shares what she's looking forward to in April...



### VISITING



'I love McQueen's sense of theatre'

I've been to a few of the fashion exhibitions put on by the V&A, and they're always brilliantly done. So I'll definitely go to this one about designer Alexander McQueen's life. I love his sense of theatre. When he died in 2010, I bought a few pieces of his last collection because I knew they'd have real historical significance. One of the shirts has these big dramatic puffed-up sleeves – whenever I wear it, people can't seem to stop touching them!



'The flowers and foliage are always changing...'

Kew was right on our doorstep when we lived in London, so we used it as a bit of an extended garden. It's a wonderful place because the flowers and foliage are always changing and it looks so different from season to season.

### MUSIC

#### SPANDAU BALLET, UK TOUR

This band was one of my favourites when I was growing up. I met Martin Kemp when we both appeared on the music quiz *Never Mind The Buzzcocks*. It felt very weird to be chatting to someone I used to like as a teenager!

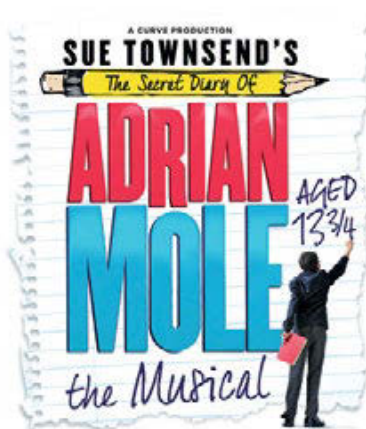


'My husband, Kenny, is a 1980s music fan, so I'll drag him with me'

### ON STAGE

#### THE SECRET DIARY OF ADRIAN MOLE AGED 13¾, CURVE THEATRE, LEICESTER

As a teenager, I adored the *Adrian Mole* books by Sue Townsend. They were funny, clever and felt grown-up – which made them even more appealing to me. This musical version sounds absolutely brilliant.



#### ANTIGONE, BARBICAN THEATRE, LONDON

I'm trying to go to the theatre more often this year. When we first moved from London to Buckinghamshire a couple of years ago, I deliberately booked lots of tickets to shows to make sure we kept coming into town, but that's tailed off. Juliette Binoche takes the lead role in this modern take on the Greek tragedy. She's always captivating to watch.

### FILM

Dustin Hoffman plays a demanding choirmaster who champions an angry 11-year-old pupil whose mum has died. I'm a massive fan of Dustin's – he featured in so many of the iconic films from my childhood, like *Tootsie* and *Rain Man*.

My nine-year-old twins, Lois and Reuben, love the cinema, so we go most weekends. We saw a trailer for this remake of the classic fairy tale and thought it looked great. It stars Cate Blanchett as a rather terrifying-looking wicked stepmother.

### TV

I can't wait for the third series of this brilliant US political drama set in Washington DC. The storylines remind me of a Shakespearean tragedy – there's a lot of manipulation and backstabbing. It's also very stylish to look at and I like that the two leads, Kevin Spacey and Robin Wright, are complete equals.

There's lots happening this year, including the launch of these designer T-shirts, modelled by celebrities like *Downton's* Joanne Froggatt (shown here). I'll be presenting *Let's Play Darts For Comic Relief* on BBC Two, challenging celebs to battle it out in a darts tournament. The darts world is a strange one... I mean, in what other sport are athletes encouraged to drink? ☐



Join in – buy a designer T-shirt or watch Gabby in *Let's Play Darts*



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# Bookshelf

Good Housekeeping

We bring you our favourite new hardbacks, paperbacks and e-books – from light-hearted fiction to literary gems

For more book news and reviews, visit [goodhousekeeping.co.uk/editors-choice-book-reviews](http://goodhousekeeping.co.uk/editors-choice-book-reviews)

## THE BOOKS I LOVE... CELIA IMRIE



She's been making us laugh for years in films like *Calendar Girls* and shows like *Acorn Antiques*. Now, Celia Imrie has written her first novel, *Not Quite Nice*, a witty tale about ex-pats living on the French Riviera.

◆ One of the most vividly visual thrillers I have ever read is **A KISS BEFORE DYING**. The author, **IRA LEVIN**, takes you on the same terrifying helter-skelter ride as the heroine – you just want to scream 'Look out!' at her.

◆ I first read **THE PRIME OF MISS JEAN BRODIE** by **MURIEL SPARK** during a long coach journey from London to Birmingham – the time whizzed by. What a witty, inspirational

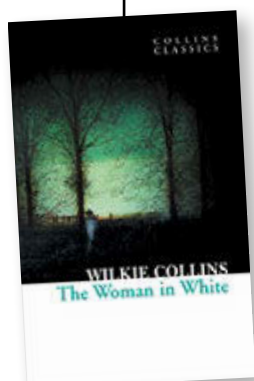
example of how vital a role a good teacher plays.

◆ **UNNATURAL FIRE** by **FIDELIS MORGAN** is a delicious scamper through the streets of Restoration London. The heroines are a countess and her maid

who chase scandals for the press. Despite always being a slip away from yet another scrape, they both have good hearts and humour.

◆ The best TV role I've ever been given was Vera in an adaptation of **A DARK-ADAPTED EYE** by **BARBARA VINE**. The story narrates Vera's desperate fight to keep her beloved sister's four-year-old boy, whom she adores and has brought up as her own. It came at a time in my life when I longed to have a child.

◆ **THE WOMAN IN WHITE** was the first book that made me want to write my own story. **WILKIE COLLINS'** novel is told from several characters' perspectives. I found myself swapping sympathies as I went along.



## Good Housekeeping's HOT READS



◆ **BELINDA BAUER** is back with her sixth cracking psychological thriller. In **THE SHUT EYE**, a psychic offers hope to a grieving mum. But does he have a more sinister motive?

◆ As *Suite Française*, starring Kristin Scott Thomas, is released in cinemas, another book by the author, **IRÈNE NÉMIROVSKY**, is translated into English for the first time. **THE FIRES OF AUTUMN** is a poignant saga about

a group of friends whose lives are turned upside down by war.

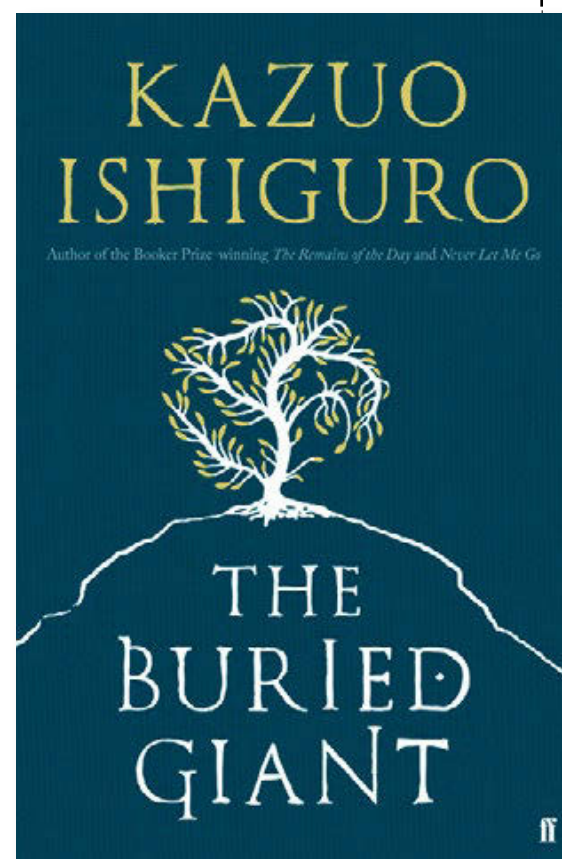
◆ Author, lyricist and rock-star wife **POLLY SAMSON** (her husband is Pink Floyd guitarist David Gilmour and she wrote some of their songs) has written another sublime slice of prose about love.

**THE KINDNESS** opens with a man despairing at the loss of his wife and daughter, and slowly winds back to reveal what went wrong.

## Book of the month

A new book from **KAZUO ISHIGURO** – his first in over 10 years – has to be one of the literary events of 2015.

His two best-loved novels, *The Remains Of The Day* and *Never Let Me Go*, are so completely unlike that he defies categorisation. With his latest, **THE BURIED GIANT**, he travels back to post-Roman England to tell a thought-provoking story about marriage, memory and getting older.





# Bookshelf

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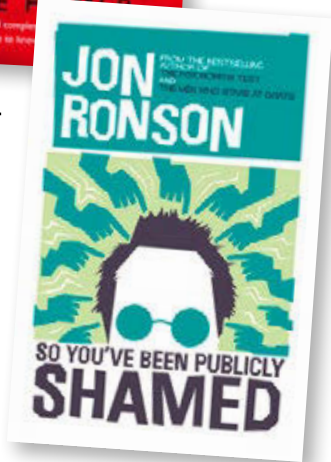
## ONES TO WATCH

◆ **THE GIRL IN THE RED COAT** is a hotly tipped debut by **KATE HAMER**. After her young daughter goes missing at a festival, a mother won't give up hope of finding her.



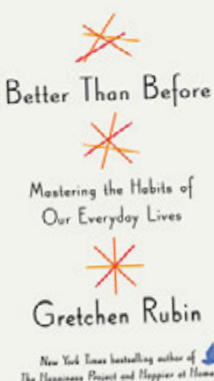
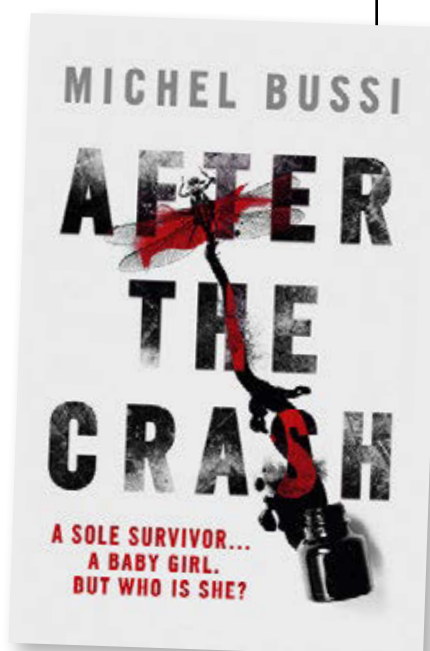
## Best non-fiction

◆ Whatever he writes about, journalist **JON RONSON** is always insightful and interesting – we'd read his shopping list! In **SO YOU'VE BEEN PUBLICLY SHAMED**, he explores the phenomenon of public humiliation and its devastating effects.



## THRILLER OF THE MONTH

◆ **AFTER THE CRASH** is a suspense novel that's been on the bestseller list for two years in France, where its author **MICHEL BUSSI** lives. When a plane goes down in the mountains, the only survivor is a three-month-old baby. Two families come forward to claim her, both swearing she's related to them – and spark an investigation that lasts 18 years.

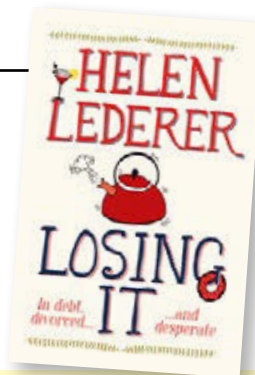


## WE LOVE...

◆ If you need a helping hand to make over your bad habits, American self-help author **GRETCHEN RUBIN** is your woman. **BETTER THAN BEFORE** is full of practical advice and strategies on how to build healthier and happier ways of living that last.

## STAR TURN

◆ Known for playing dippy Catriona in Ab Fab, comedian **HELEN LEDERER** brings her quirky humour to her first novel. In **LOSING IT**, down-on-her-luck TV presenter Millie becomes entangled in the world of diet commercials.



## Also out THIS MONTH

◆ Hours after Celia shows her neighbour incriminating photos of her husband, she's found murdered. **THE POCKET WIFE** is a chillingly good first novel from **SUSAN CRAWFORD**.

◆ **AD MILLER** delivers a captivating look at the strange mix of fierce loyalty and competitiveness in male friendships in his second novel,

### THE FAITHFUL COUPLE.

◆ A group of septuagenarians go on a madcap road trip in **ANDREA BENNETT**'s quirky first novel **GALINA PETROVNA'S THREE-LEGGED DOG STORY**.

◆ In **OUR ENDLESS NUMBERED DAYS** by **CLAIRE FULLER**, a girl who was taken to a remote forest by her survivalist father reappears almost a decade later, alone.

## Good Housekeeping READER RECOMMENDED

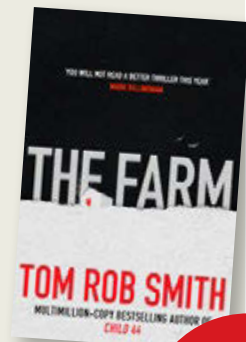
Look out for our Reader Recommended logo on books read and loved by a panel of GH readers. Here are three they enjoyed this month:

◆ **THE FARM** by **Tom Rob Smith**  
'I found the story compelling and was interested in the perception of mental illness.'  
'The book was full of suspense – I held my breath at one point!'

◆ **THE VANISHING WITCH** by **Karen Maitland**  
'I just loved it. I was transported back in time and the characters were so vivid.'

'What a page turner! It combines historical events with the supernatural – excellent.'

◆ **IF YOU WERE ME** by **Sheila O'Flanagan**  
'This is the first time I have read anything by this author and it certainly won't be the last. I couldn't put it down.'  
'A thoroughly enjoyable book – believable, heartwarming escapism.' □



★ For more on GH Reader Recommended books, see [goodhousekeeping.co.uk/tried-tested](http://goodhousekeeping.co.uk/tried-tested)



**SHE THOUGHT LOSING HIM WAS THE  
WORST THING THAT COULD HAPPEN.  
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‘Beautifully written, absorbing story. **10/10**’

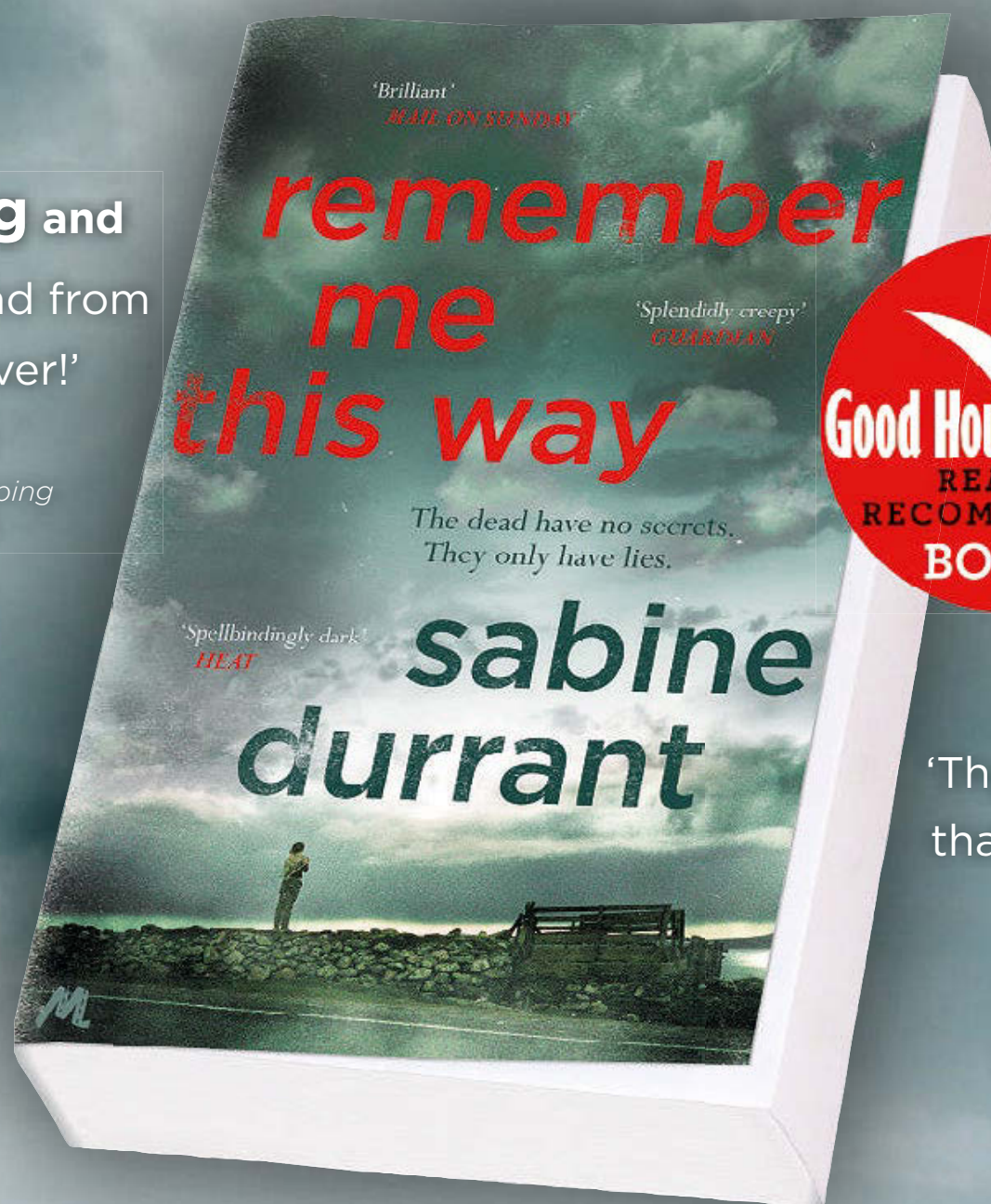
Alanah

*Good Housekeeping* reader panel

‘A **gripping** and  
**thrilling** read from  
cover to cover!’

Rebecca

*Good Housekeeping*  
reader panel



‘The **best book**  
that I have read for  
some time’

Mary

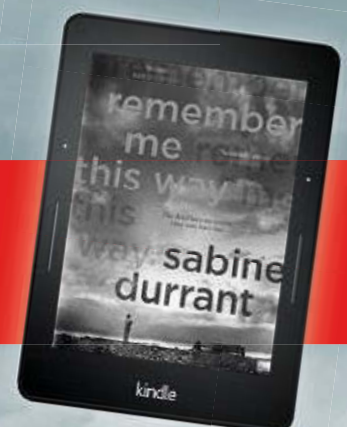
*Good Housekeeping*  
reader panel

‘Just could not put it down, **totally enthralling**’

Elizabeth

*Good Housekeeping* reader panel

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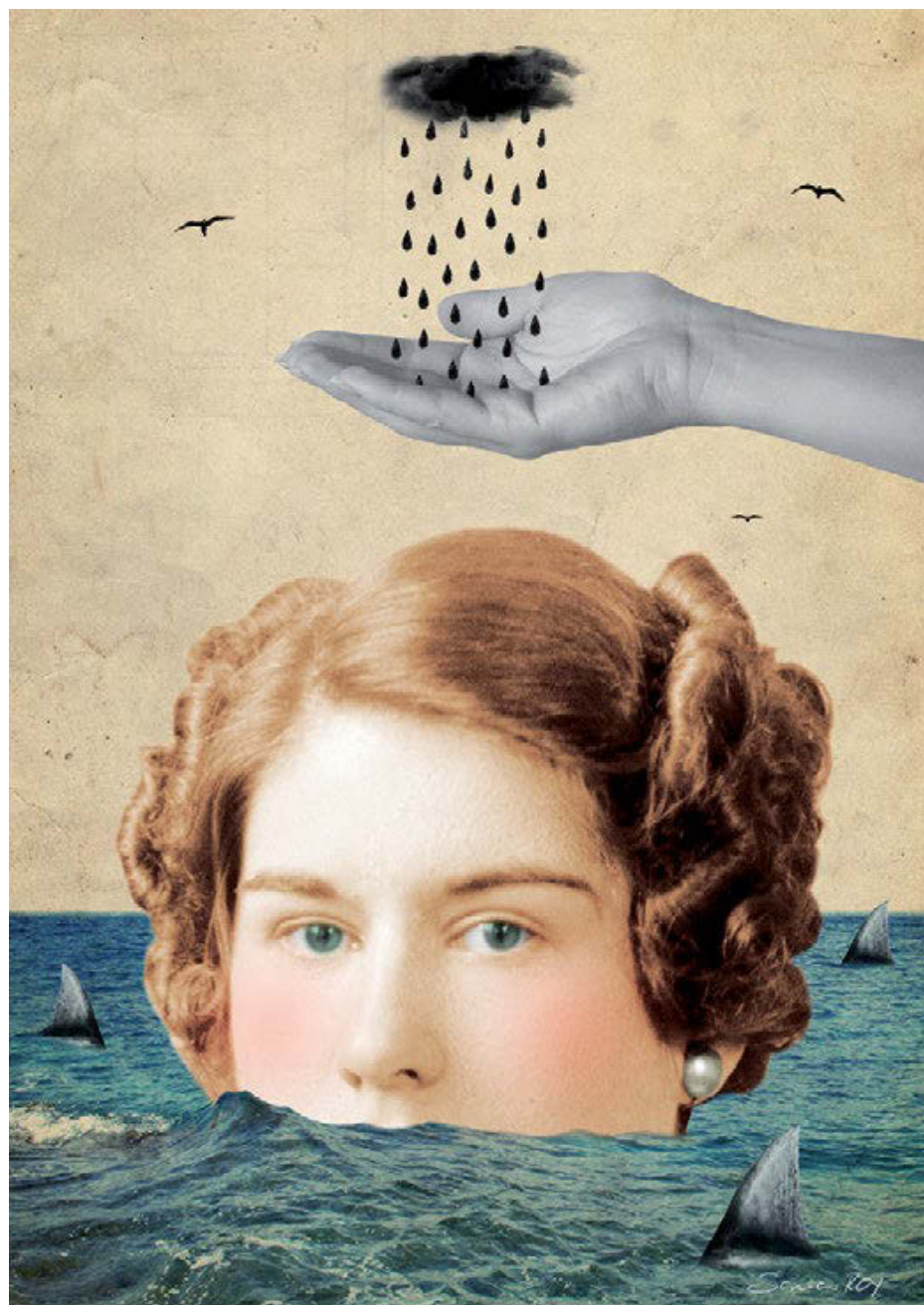


# *Guilt* doesn't help.

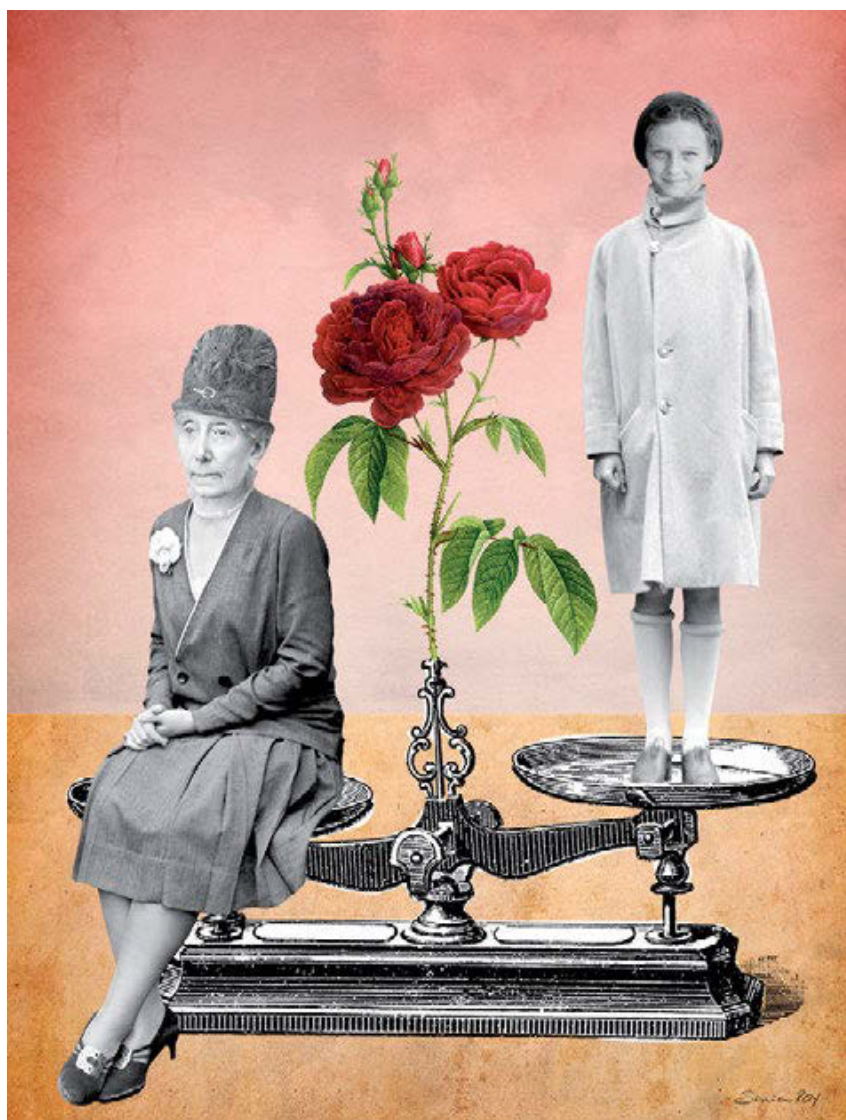
EDITED BY MOYA SARNER ILLUSTRATIONS SONIA ROY

## THIS WILL!

It's coming. The time when the people who looked after you need looking after themselves. As these five writers show, it's a situation that demands so much of you, but if you support your parents with compassion, the experience can be cathartic and rewarding. Whether the storm is approaching or it has already hit, we'll help you find the courage and know-how to weather it...







# DECIDING WHO NEEDS ME MOST

**Guilt is the emotion that can tear you apart as you try to do the right thing. So you have to find your way through it. BY LOUISE VOSS**

One of the lowest points for me was after I'd written to Mum's friends and neighbours to tell them she could no longer live safely at home (as many of them well knew, having been recipients of 3am visits from her, or after witnessing her wandering into roads). I gave them all her care home address

and asked if they could visit her regularly to keep her spirits up. Then I received a reply that shocked me: 'It's not fair to place the burden of care for your mother on the shoulders of her friends, when many of us are old and infirm ourselves. She should be with her family.'

Every time I even thought of the letter for weeks afterwards, tears welled. I was only asking them to visit her, not have her

move in with them! I mentally composed all kinds of impassioned defences – but thankfully didn't send anything. More distressing than the rudeness, though, was the guilt. This friend was right – in an ideal world, Mum should be moving in with my brother or me. But we had jobs, and kids to look after, and I'm divorced.

That's when I realised: when you're a carer, all roads lead to guilt. I could move my mother from Salisbury to London, so I could visit more often – but that would have meant moving her from where she had lived for 50 years. I could have moved from London to Salisbury – but my daughter Gracie was about to start her GCSE courses and was devastated at the thought of changing schools. I was being pulled in two directions, and I felt whatever I did would make me either a bad mother or a bad daughter. I developed hideous insomnia and went on anti-depressants, all the while watching Mum's condition worsen week by week.

Finally, we found a solution – Gracie moved in with a school friend on weekdays. Again, I felt guilty about imposing on this girl's kind and generous mother; but I gratefully accepted her offer, and I moved into a rented cottage near Mum. It wasn't easy – Gracie struggled being away from me during the week, and when she rang me in tears saying she missed me, I felt absolutely terrible.

But in hindsight I know it

was the right decision. I was able to spend time with Mum while she was still well enough to enjoy trips and lunches out and knew who I was, most of the time. A year on, she's now too ill to do anything and doesn't recognise anybody, and I realise my time with her was precious. I can see, too, how the experience taught Gracie independence and resilience, and she appreciates me more. So I don't regret my choices.

But I do regret the guilt I felt. My experiences have made me realise how futile it is to feel guilty. Every time I feel it creeping back, I think of Mum saying – as she would – 'Of course I don't want you to give up everything to care for me. I've had my time, go and have yours!' I have to make a conscious effort not to torture myself by imagining that I've abandoned Mum or let her down. These overly emotive words are harmful. I've found that gratitude is what helps most, so when I start getting sucked under by guilt I try instead to focus on the positives in my life: my daughter, career, health, friends – and how lucky I am to have had such a wonderful mum for more than 40 years.

It's also made me realise that if I need care, I will not allow Gracie to go through all this self-doubt, confusion and pain. We will have those conversations while I am still able. I want to make sure the guilt stops here.

**MY LESSONS** 1. *Don't let your embarrassment stop you from accepting help.* 2. *Repeat after me: guilt is an utterly pointless emotion.* 3. *Acceptance takes time. Sooner or later, it will come.*



# CARING FOR THE PARENTS I ONCE TURNED MY BACK ON

If you meet those you care for with an open mind, and an open heart, regardless of what went before, you may find a long-lost love hidden in the distance. **BY CAROL LEE**

**F**amilies hide many things. Mine hid its love.

I didn't know this until a phone call one July day in 2006, when I was told that my father was in hospital more than 200 miles away. My response was automatic: I drove from London, where I lived, to my parents' home in South Wales. Yet my relationship with them hadn't been close for decades.

The rift began a few weeks after my 10th birthday. My father was an engineer and we were

living in East Africa, in a bush settlement with no school. I was sent 5,000 miles away to relatives in Wales, to a school where I was bullied. Overwhelmed by hurt and a sense of abandonment, I began to sink. I didn't see my parents again for more than two years, and I survived by deciding to get on with my life alone. I turned my back on any thoughts of them and we grew apart, this rift between us never spoken of.

But driving to Wales that day nine years ago, none of this was in my mind: in its stead, just an urgent need to protect my father.

He had pneumonia, which would have killed most men of 85, and the sight of him, alone and bewildered, seared me. 'Come on, Dad,' I said, taking his arm, 'we're going to get you out of here'. And we did.

There followed two and a half years of driving up the M4 to take care of two households, the surface miles only a fraction of the unseen journeys. My parents and I were travelling towards each other at last. Through tales of my parents' childhoods, I began to feel for them: my father left in an orphanage because his mother was ill; my mother kept back from school, which she enjoyed, to look after five younger siblings. The hidden love began to emerge as I listened and understood.

Gradually, I came to love them both. Mum and I baked, went blackberrying, and laughed as a stiff breeze shrouded me in a sheet as we hung out washing. We three did crosswords and played Ludo, cards and I Spy, a game that had encompassed all of our childhoods.

It was still an exhausting business. The 5am start for a blocked drain in Wales, the shopping, cleaning, cooking,

washing, hospital appointments, doctor's appointments, eye tests, X-rays and the beginnings of my mother's short-term memory loss. I had my full life in London, too. Suddenly I was stretched to my limits. The strain told in my weight loss, sleeplessness and the deep guilt that I was never doing enough. The most important task of all was the one I couldn't see at first: just being with them. 'I feel so safe and warm with you in the house,' Mum said to me one night, filling me with regret, for I knew I would be leaving again the next morning. I was a mass of emotions – joy among them.

By the time Dad died, aged 87, two years after that phone call, I was glad for him. But when Mum, who hadn't been ill, died eight weeks later, it stopped my heart. I'll always be their daughter. I feel this as I travel to Wales, to the little house they left, now my second home. I've been lucky to be left with many gifts: as well as the house, my book, *Out Of Winter*, about my time spent caring for them; and, most of all, a sense that I'm a better person. Bigger, more compassionate. More loving.



## MY LESSONS

1. Activities are very important. My fondest memories are of us doing things together. Research has shown how vital it is to simply go through old photos or sing favourite songs.
2. Don't underestimate how much your physical presence matters: just being in the same room is a comfort.
3. Bring in as much help as possible, from neighbours, friends or official channels, so the burden of care is not entirely on you.





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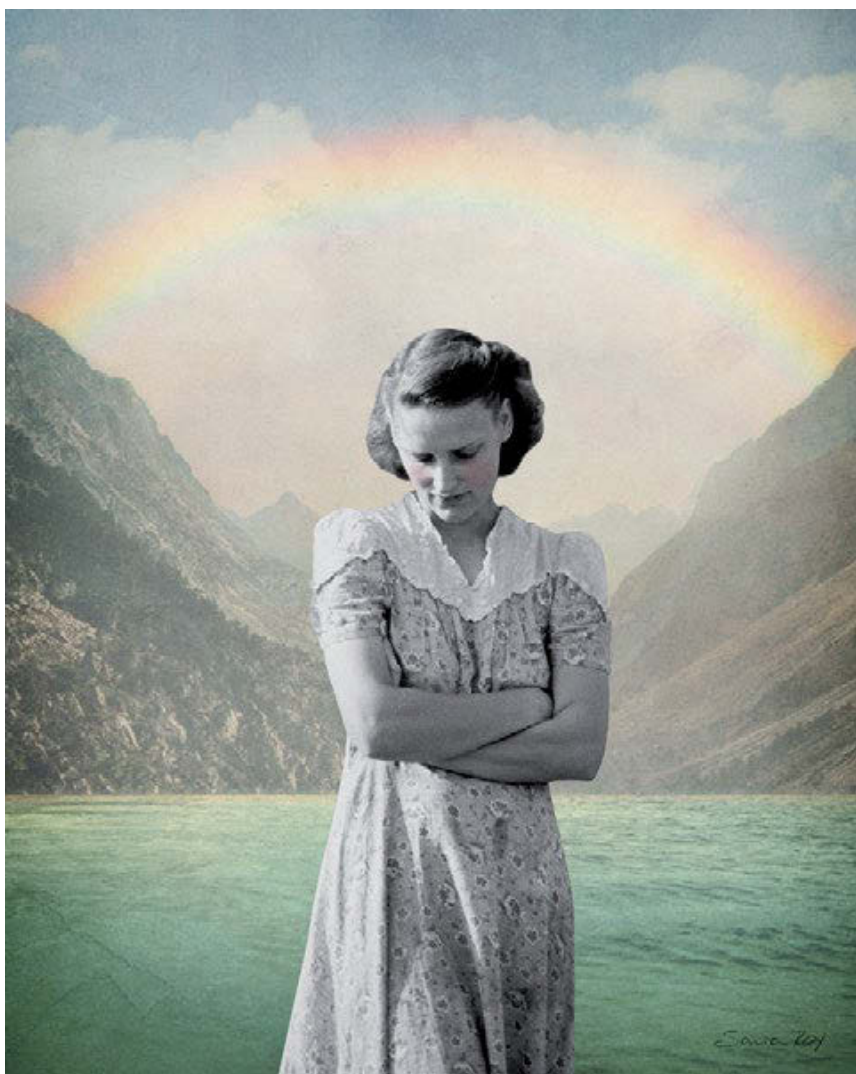
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# FACING UP TO THE FEELINGS NO ONE TOLD ME ABOUT

The person you're caring for may be difficult, moody and irascible – but it's your own emotions that will shock you the most. You will need to learn to forgive yourself. **BY MARIANNE TALBOT**



longer read, sew or do anything for herself, and she was vulnerable, isolated and clingy. Every night she'd ask heart-rendingly: 'Is it time to go home? Please let me go home.'

What was harder to deal with was her anxiety, and occasionally she could become angry and lash out. Once, when I was helping Mum with her socks, she kicked me in the face. It was obviously malevolent. Slamming out of the room, I waited outside until I stopped trembling. I was so close to losing control myself.

I was often angry and frustrated while caring for Mum. I was angry because I was stressed, anxious, fearful and sleep deprived, because my lovingly prepared meals were uncompromisingly rejected, and because I often failed to get Mum to the loo in time. Sometimes I felt furious because, like so many carers, at times I felt trapped by the responsibility, and not in control of my own life.

Fury is one of the most disabling emotions. It corrodes your very being. If you are a carer, expressing anger is all but impossible. You have to be thankful with helpers, and controlled with the person you are caring for.

The only way to manage it is to tell yourself it's okay to be angry, that you will let it out

later – and then find a way to do that. For me, it was writing my blog, which became a book, *Keeping Mum: Caring For Someone With Dementia*. The hundreds of emails I received in response told me that all carers feel this anger – we are not saints, we are real people doing an impossible job. But in our heart of hearts, we know it is one of the most important jobs in the world.

Mum went into a home for the last six months of her life. I couldn't cope any more. I was distraught. I had committed myself to caring for her until she died, but I simply couldn't. The guilt was terrible. I know now that this is common. When I talk to other carers, I make a point of stressing that a home will almost certainly be necessary at some point. Sometimes only professionals will do. I wish I had realised this. Instead, I felt I had betrayed Mum.

In fact, Mum loved the home. Six months after she went in, she died. I was with her, and in her last hours she repeatedly called me Mum. I hope this meant she felt secure. That's when I knew having her live with me was the best decision I've ever made.

I miss Mum. But I don't miss the anger that I so often felt as a carer. That passes, thank goodness. But the love – that endures.

**T**he Valium was working, my sobs were subsiding, but it was clear that I couldn't care for Mum any longer.

Mum had moved in with me when she was diagnosed with Alzheimer's. It had taken me a year to decide to invite her, and, having always lived alone, it was a shock to share my space with someone else, even my beloved mum. We

bickered, of course, but we had always enjoyed each other's company.

At first she was her usual confident, intelligent and cheerful self. We went to the cinema and the opera. We dined out and gave tea parties. We'd sing raucously while washing up. Then we'd watch television companionably until bedtime.

But then she became incontinent. She could no

**MY LESSONS 1.** *It is okay to be angry – you have plenty to be angry about.*

**2.** *Find your own way to let off steam, whether it's phoning a friend, writing or taking up boxing.*

**3.** *Discuss your anger with other carers – they will understand.*



# ENDING UP BACK IN MY CHILDHOOD HOME

**At some point, all carers wish that they could go back in time, to that place in our memories when our loved ones were well. But it's true what they say – you can't go home again. BY JILL SINCLAIR**

**W**hen I moved back to care for my dad, he was still living in what had been our family home for almost 50 years. The walls were still covered with photographs, there were still books in every

room, there was still that orange and brown carpet where I'd spent my teenage years sitting cross-legged, listening to Led Zeppelin. Only now, Dad slept in 'my' room; it was easier for manoeuvring the hoist to get him in and out of bed. His piano, which had been such a focal point, was now a

dusty relic, and the dining room table, host to so many boisterous family meals, was a dumping ground for unanswered post. Instead of tripping over the cat, I was tripping over Dad's wheelchair, and answering the door not to my friends but to deliveries of medicines and continence pads.

I decided to move back to Glasgow when Dad's dementia became too difficult to manage from 400 miles away. After two bouts of pneumonia, I believed he only had months to live. But it turns out most people die with dementia, not from it, and that was true of my dad, who lived for two more years.

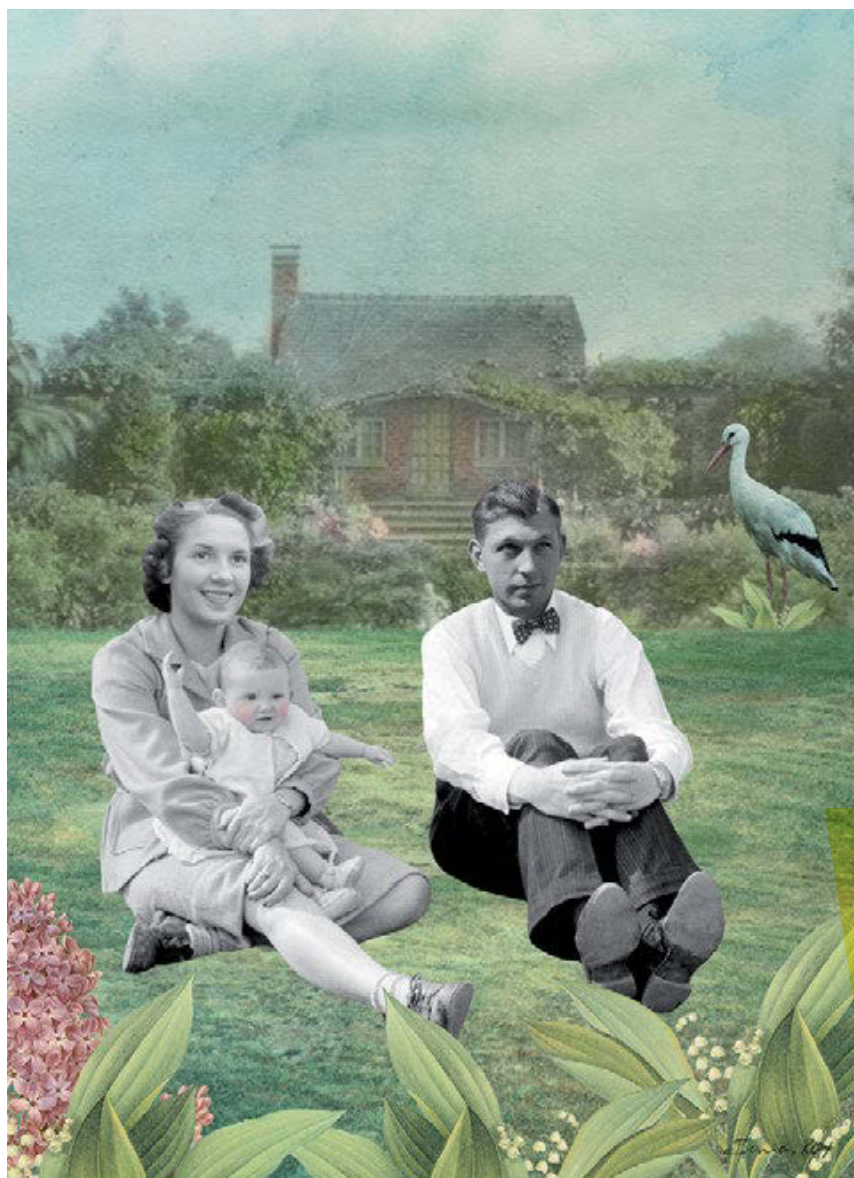
So the phrase 'moved back home' isn't really truthful. The house was much the same, but 30 years after I'd last lived there, it wasn't quite the home I remembered. Dad had always been so particular about language but now he could hardly string a sentence together, often talking complete nonsense, thinking he was making perfect sense. Where before he would take care of all the running repairs, now he could barely even feed himself. I don't have children and wasn't entirely sure how I'd take to 'helping with toileting' – a euphemism for wiping Dad's bottom. But I soon realised that the world is divided into those who are squeamish and can only back away, and those who just roll up their sleeves and get busy. It became very matter-of-fact and we just got on with it. Our roles had reversed – now I was

the carer, he the child.

But there were changes that brought me light relief, too. The neighbours appeared like angels, bearing strawberry tarts and insisting I go out with them for coffee, where they told me stories about Mum and Dad when they were much younger – probably around the age I am now. It helped me to be reminded that Dad was a proper human being, and not just a demented old man.

I stopped looking for help from the obvious places – the friends and family members who didn't support me, medics who only saw Dad's illness. The Alzheimer's Scotland staff became my surrogate family, and I made new friends as part of Glasgow's Glad Café choir, singing to Dad after rehearsals. He always smiled and sometimes laughed – with pleasure, I think, rather than in horror!

Would I have decided to look after Dad if I'd known it was going to be two years, rather than a few months? It was sometimes lonely and often unspeakably sad, but it never got too much. I knew I was giving him the best possible care, and I am grateful for the time we had together. Now I'm back in London and in the process of getting my life and career back on track, and the old house with the orange and brown carpet has been sold to a lovely young family. I still think about the people I met regularly at the local park while caring for Dad, who were there feeding the ducks on the day of his funeral. They pointed to the new ducklings as if to say, 'Life goes on.'



### MY LESSONS

1. Keep asking for help – and don't rule out support, however unlikely or unexpected its source.
2. Don't expect a consensus on what's 'best'. Caring and carers can be a very fertile battleground for families.
3. Keep one eye on what's ahead. While Dad was sleeping, I wrote my first book, *The Art Of Being Ill*, which gave me something to focus on once it was all over.

ILLUSTRATION: SONIA ROY AT COLAGENE.COM







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# FINDING SIMPLER WAYS TO DEMONSTRATE LOVE

As regular channels of communication close down, opening up new routes to understanding can help you see the light in the darkness. **BY SUSAN WILKINS**

I suspected all was not well with my mum when she started writing on the kitchen walls. Phone numbers, addresses, instructions on how to operate the microwave – she loved painting and drawing, splashing colour around, but this seemed outlandish even for her. ‘I forget things,’ she said indignantly when tackled. ‘I’m 84. What do you expect?’

Several months later, after a battery of tests, she was diagnosed with vascular dementia. My father went into a sulk. He refused to discuss her condition with me or her doctors, maintaining that she was just being awkward to annoy everyone. He sat stubbornly behind his newspaper, a frail old man with his own health issues, refusing to acknowledge that his world was falling apart. She wandered round in states of undress. I went in every day – fortunately I only lived five minutes away – and additional carers were hired, rotas set up.

How do you find a way to communicate with your parents when one of them can’t, and the other won’t? We muddled on for a couple of years. There was no family discussion, no acknowledgement of the crisis. I had no siblings to support me, and my father remained in denial. My parents belonged to the generation who’d fought the Second World War. Their mantra was: life is tough, just get on with it. They expressed love with a hug, an affectionate pat on the arm, a fiver slipped in your pocket. The notion of endlessly discussing feelings



they regarded as self-indulgent.

My mother seemed to be going deaf, but the doctor explained that it wasn’t her hearing; she was losing the capacity to identify the meaning of words. I bought her a notebook, pencils and crayons, and urged her to write and draw. She wrote addresses – my address, her address – desperate to get them right, copying them several times. She drew small stick people; her pictures became more child-like, and then just scrawl.

When I visited her in residential care, we’d sit down together and go through the

## MY LESSONS

1. *You will have to find new ways to connect with your loved ones – whether it’s music, art or touch.*
2. *Remember your need to talk about what’s happening may be greater than theirs: communicate on their terms.*
3. *There will be moments of light in the darkness, but you have to be open to see them.*

book. I’d admire what she’d done and that would please her.

The last time I saw her, she squeezed my hand. I looked into her eyes – blue like mine – and I realised that, although most of her words had gone, she was still there. She was regarding me with a kindly eye and, for an instant, all the battles of life fell away, all the traumas of me growing up and her growing old. We both understood that she was leaving but that her love would remain. That’s how you learn to communicate, when all channels are closing down. With love.



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## HOW TO GET THROUGH

Every carer has a survival kit – for starters you will need:

**A GOOD LISTENER:** Whether it's a friend, a counsellor, or even the dog, you will need someone to rant to.

**AN OLD SONG:** When it seems all memories are lost, music and lyrics often remain. Having a good old-fashioned sing-along with your loved one may help you both to reconnect.

**WINE:** No explanation needed.

**A BOX SET (OR SEVERAL):** Sometimes you just need to escape into a brilliant TV series

you can watch late into the night. Some of our favourites: *Orange Is The New Black*, *Homeland*, *The Bridge*.

**OLD PHOTOGRAPHS:**

Because they weren't always like this.

They were once that handsome young couple on their wedding day, they were once the proud parents holding you in their arms. They have lived lives filled with love and laughter, and remembering that may help you to sail your ship.



## FREE HELP

★ In England, the NHS will cover nursing costs through **Continuing Healthcare**. However, be aware that it's difficult to qualify. Different rules apply elsewhere: contact your local NHS trust or board to check entitlements. Anyone over 65 qualifies for an **Attendance Allowance** towards care costs. The lower rate is £54.45 a week, the higher, £81.30 a week: claim at gov.uk or call the Attendance Allowance Helpline on 0345 605 6055. For N. Ireland, call 0800 220 674 to check disability living allowance.

★ Find a **care home** via the Care Quality Commission website, [cqc.org.uk](http://cqc.org.uk), and findme [goodcare.co.uk](http://goodcare.co.uk). Outside England or Wales, go to [scottishcare.org](http://scottishcare.org) or [rqia.org.uk](http://rqia.org.uk). Look for homes with extra support for dementia sufferers via the Alzheimer's Society on 0300 222 1122.

★ **Voluntary help:** Age UK or [royalvoluntaryservice.org.uk](http://royalvoluntaryservice.org.uk).

★ **Also visit** [myagingparent.com](http://myagingparent.com) and [ageuk.org.uk](http://ageuk.org.uk).

## 3 THINGS YOU NEED TO DO RIGHT NOW:

### 1 SET UP A LASTING POWER OF ATTORNEY (LPA)

While your parent still has mental capacity, ask them to set up an LPA to give you authority to make decisions on their behalf. It takes up to 10 weeks and costs £110 to register – or more if you're taking legal advice. In England and Wales\* there are two types of LPA, one for welfare and one for finance and property, and the latter can be activated while your loved one still has mental capacity. Note: you cannot apply for either – they need to.

### 2 ORGANISE A LIVING WILL

A living will sets out wishes regarding medical treatment – for example, the wish to stop life-prolonging treatment when unconscious. It can be drawn up by solicitors at the same time as a standard will at a relatively small starting cost of £75, going up to £300 depending on the solicitor. Go to [solicitorsfortheelderly.com](http://solicitorsfortheelderly.com) to find a lawyer. A living will is only binding if the person making it has mental capacity at the time it is drawn up, and they clearly state the circumstances and specific treatments they would either agree to or refuse.

### 3 CONTACT SOCIAL SERVICES

Contact your loved one's local social services department, and ask for a needs assessment to find out what help they're entitled to – you can ask for your needs as a carer to be assessed, too. Talk to their GP as well. □

## CAN YOU TRUST THE CARER?

Local authorities can provide home carers or personal assistants, but if your parent is eligible for care-at-home funding, you can ask for this money to be paid straight into their account and employ someone yourself.

The easiest option is to use a care home agency that can deal with police and employment checks, payments and tax – but be prepared to find yourself paying £5 to £10 extra per hour for this benefit. Go to the UK Home Care Association's website ([ukhca.co.uk](http://ukhca.co.uk))

to find an agency.

If you employ a home carer yourself, you'll have to handle all the paperwork as if you're an employer – but you will be in total control of who you hire.

**TAKE NOTE:** You can't pay friends or family to do this unless they are a registered carer. You'll need to check that any potential worker is eligible to work in the UK: ask to see a passport or other ID to prove they're from the EU or have a work visa. It's also vital to get a Criminal Records Bureau check on any prospective employees

before you interview them or let them into your home. Don't forget to take out Employer's Liability Insurance and Public Liability Insurance, and write an employment contract that includes details of specific tasks, working hours, pay, duration of contract and holiday entitlement.

### AFTER YOU'VE HIRED:

If something goes wrong, speak directly to the care home or agency about your concerns and how they can be resolved. It's worth writing down your issues and keeping a

paper trail as evidence if a complaint hasn't been dealt with.

If the local authority is funding a carer who you believe is being dishonest or neglectful, contact the local Adult Safeguarding or Protection team – you can get details from social services.

If you're unhappy with the way your complaint is being dealt with, contact your local government ombudsman via [lgo.org.uk](http://lgo.org.uk) – and the Disability Rights UK Independent Living Advice Line (0300 555 1525) can also offer support.



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# More **POWER** to the consumer?

The way we now shop would be unrecognisable to our grandmothers. With food prices actually falling – when did you last hear of that? – the consumer is firmly back in charge. So how are you using your power? And most importantly, are there ways you can save more time, more money and shop more ethically? GH investigates...

Gone are the days when we drove faithfully every week to an out-of-town superstore to do the Big Shop – and thank goodness for that. We won't miss the back-breaking task of lifting dozens of over-stuffed carrier bags out of the car on the return home or wondering if the eggs survived the journey!

But to our grandparents' generation, the diversity and low prices of the superstores represented a massive improvement over shopping – and queuing – in individual high street shops on a twice or thrice-weekly basis.

Now we can order goods online, compare prices on our phones, shop wherever the price and product are right for us and complain on social media if we are not happy. We have become a nation of shopping polygamists who are no longer loyal to any one retailer – or even one style of shopping. But with so much choice comes confusion. Here's how to check you are getting the best for your time and money.

Whatever your bag – you're in charge







Power to the people: are you making a statement with your basket?

## The rise of the Lidl classes

Discounters such as Aldi and Lidl have been in the UK since the early 1990s, but it's really only in the past 18 months that they have become an integral part of the nation's shopping habits. The way they keep their prices low differs. Aldi stocks almost exclusively its own-brand products that often perform well in tests (including those conducted by the GHI). Lidl keeps costs down by stocking fewer product lines – so you may be unable to find all your usual brands. But it keeps customers happy with its weekly deals, including (famously) lobster and Champagne.

What they share is a distinctly no-frills experience – no cafés, no fast checkouts, no loyalty schemes and no online shopping. In a recent GH survey, more than half of you told us you had either switched completely to discounters or that you alternate your shop. Even so, and despite all the media attention devoted to the so-called rise of the Lidl classes, their share of the UK groceries market is still small – under 5%.

## So, what's changed?

First, we have! After the longest recession since the Second World War, we've altered the way we shop: we're more focused than ever on comparing prices and hunting out bargains. We've become better informed, more critical and savvy. We're no longer dazzled by giant superstores wanting to own every aspect of our shopping needs (from groceries to financial products). We're happy to join the loyalty schemes – all of them – but have no qualms about mix-and-matching where we shop. We're also buying fewer groceries: 'Customers are shopping more frequently. Where they do shop, they tend to buy less – and they shop more locally,' says Sainsbury's new chief, Mike Coupe.

## What it means for shoppers

Prices have been falling for over 18 months as competition between the big retailers continues to drive them down. And a welcome reduction in food prices in the run-up to Christmas meant we enjoyed amazing value over the festive season.

## What's next?

Is the honeymoon period over for the discounters? Not yet, it would seem – industry experts predict their sales will almost double this year. But this will also be the year of the fight-back, with traditional grocery retailers using new strategies to woo back customers. Asda and Sainsbury's are promising big price cuts, Morrisons is turning itself around with a new chief and Tesco – after falling sales and profit warnings in 2014, and 43 store closures at the start of this year – has set out plans to reassert its dominance over the UK grocery market. Good news for consumers!

But, like any battle, there will be casualties. Experts say the situation is pushing many food suppliers and small grocery retailers to the brink. Spare a thought for the many dairy farmers who are struggling to survive as their milk is sold in supermarkets for as little as 45p a pint – making it cheaper than bottled mineral water.

Supermarkets claim they're suffering, too. 'We've actually sold more or less the same amount of stuff as last year, but at lower prices,' says Mike Coupe of Sainsbury's. 'Profit margins have fallen, and the knock-on effect will be job cuts, as the supermarkets have to find ways to rake back costs.'

## We can make a difference

The next time we're marvelling at mega-low food prices, we need to ask ourselves how they can be so low. Yes, we all have budgets to manage, but we also

*'We'd be lost without our local shop'*

**GH's Consumer Director, Caroline Bloor, believes in small and local**

**'M'**y grocery shopping style tends to evolve with my lifestyle. At the moment, I find a big weekly shop creates too much waste. I have a long commute and get home at 7.30pm, by which time my 16-year-old daughter has often already eaten or filled up on snacks! So I buy day-by-day during the week – there's a Sainsbury's Local just opposite my train station. At weekends, I replenish staples at a mid-sized Tesco. I like the idea of shopping online, but hanging around for a delivery when I'm no more than 15 minutes from four supermarkets doesn't make sense. I avoid the Sainsbury's superstore nearby, as it takes far too long to get round and I always end up buying more than I need.

I buy own-brand whenever possible – cereal, soups, toothpaste, yogurt – but never economise on meat. I'd rather miss out than not buy good quality with high welfare standards guaranteed.

I also support our local store, just two minutes away – my community would be lost without it. It has a Post Office counter that's open seven days a week until 10pm, as well as everything from birthday cards to fresh veg.'

have the power to effect change. Choose value, but also good welfare standards – and shop in a way that supports local suppliers, farmers and small food businesses. Look for logos, such as the Red Tractor, on packaging, which show a product has been produced responsibly. We have choice – let's use it. ☐

## A CENTURY AND A BIT OF SHOPPING INNOVATION

**1882** First supermarket own-brand products are launched by Sainsbury's

**1914** Women are recruited to work in supermarkets during the First World War

**1942** The Co-op opens the UK's first self-service supermarket

**1963** The loyalty points system is born with the introduction of Green Shield stamps in Tesco, previously used only in small shops

**1968** Tesco opens its first superstore, measuring 40,000 square feet

**1970s** Supermarkets become one-stop shops with the arrival of in-store bakeries, fresh fish counters, petrol stations and coffee shops

**1989** George, the first supermarket clothing range, is sold in 65 Asda stores

**1990** German brand Aldi opens its first UK branch

**1994** The first Tesco Express mini-supermarket opens; Lidl arrives from Germany

**2000** Food shopping goes online with the launch of tesco.com



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# Slash your VIEWING BILLS

On top of the licence fee, the average TV package costs £252 a year. Yet half of us watch fewer than 20% of available channels. Time to switch? Here's what you can get without paying a monthly fee...

## Bargain bundles

If you're already with BT or TalkTalk for your phone or broadband, consider getting YouView from them too. Bundling services may give you a better price than paying for them individually and you'll get access to other channels not available on YouView if you buy the recorder outright. Some packages include other enticements such as box sets and movies. If you're a Sky or Virgin TV customer, bundling your phone and broadband with your existing deal could also save you money.

## GHI TIP

Use the coverage checkers to see how many channels you'll get where you live – [freeview.co.uk/availability](http://freeview.co.uk/availability) and [checker.youview.com](http://checker.youview.com).

### SPORTS FAN?

If you are, or if you want a specific Sky channel, you'll need a paid-for service: Sky, YouView from BT, TalkTalk or Virgin Media.

## What are the options?

### Totally free TV

#### £0 no licence

The cheapest option of all! Use your **tablet or laptop** to watch catch-up services such as BBC iPlayer, ITV Player and 4OD free of charge online after the programmes have aired. You need a TV licence to watch live TV (even on the internet) but not to watch catch-up services. Little wonder perhaps that the number of homes with TVs has declined recently, according to Ofcom.

**GHI verdict:** It's the cheapest way to watch TV but not everything broadcast is available on catch-up, especially films. You may also find the endings of shows spoilt by social media before you get to see them!

### Use your existing satellite dish

#### £49 + licence

**Spend:** You will need a satellite dish, then from £49 for a **Freesat** compatible set top box, recorder or TV.

**Get:** 11 HD channels including BBC1, 2, 3, 4, BBC News, CBBC, Cbeebies, ITV, Channel 4; 104 standard definition channels; 26 radio stations.

**Access:** BBC iPlayer, ITV player; and – with some set-top box/ recorders – add-ons such as 4OD, Demand 5, BBC Sport, BBC News. Plus live TV pause/rewind.

**Smartphone app:** See what's on up to a week ahead. Use your phone or tablet to control the TV and record remotely (with a Freetime recorder).

**GHI verdict:** Ideal if there's no decent signal via an aerial.

### No dish? No problem

#### £59 + licence

**Spend:** around £59 for a **Freeview** compatible set top box, recorder or TV.

**Get:** 13 HD channels including BBC1, 2, 3, ITV, Channel 4 and CBBC; more in some areas – such as BBC4, BBC News, Cbeebies; 78 standard definition channels; 25 radio stations.

**Access:** BBC iPlayer; and – with the right set top box/ recorder – YouTube and Netflix, and live TV pause/rewind.

**Smartphone app:** See what's on in the coming week.

**GHI verdict:** Lack a good broadband connection or want the cheapest way to watch live TV? Then this is the one.

### Best all-round package

#### £179.99 + licence

**Spend:** from £179.99 for a **YouView** recorder.

**Get:** 11 HD channels including BBC1, 2, CBBC, Cbeebies, ITV, ITV+1, Channel 4; 67 standard definition channels; 33 radio stations.

**Access:** BBC iPlayer, ITV Player, 4OD, Demand 5, UKTV player, Netflix, Now TV, Sky Movies, Sky Store (movies). Ability to scroll backwards and, with a compatible recorder, to pause and rewind live TV.

**Smartphone app:** Check out the week ahead and record programmes remotely.

**GHI verdict:** In our view, this is the best free TV service available – being able to scroll backwards in the programme guide is an invaluable time saver. □

★ For more on paid-for services, check [goodhousekeeping.co.uk/money/tv-packages-explained](http://goodhousekeeping.co.uk/money/tv-packages-explained)



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## HANDS OFF MY CASH, MR TAXMAN!

*...and other good reasons to love an ISA*

**S**avers who haven't yet taken advantage of this year's ISA allowance have until 5 April to top up to a maximum of £15,000. Then, from 6 April, the annual limit rises to £15,240. Still need convincing? Here are five more reasons to embrace an ISA...



Do your savings measure up?

### 1 You don't pay tax on your savings

In a normal savings account the interest you earn is taxed at your income tax rate, but an ISA provides a tax-free wrapper. A basic-rate taxpayer would have to find a savings account paying 3.75% to get the same return after tax as a cash ISA paying 3%, and a higher taxpayer would need an account paying 5%. Good luck with that!

### 2 They're a more flexible form of pension saving

There are even better rates with

a stocks and shares ISA. Of course, shares can go down as well as up, so it's wise to leave the investment untouched for at least five years. Unlike pensions, which can't be accessed without heavy penalties until age 55, there are no age restrictions on when you take money from your ISA.

### 3 You keep more of the profits from your investments

Outside an ISA, any investment profits exceeding £11,000 a year will trigger capital gains tax (CGT) – normally 18% or 28% for lower and higher-rate taxpayers respectively. Inside an ISA,

there's none to pay. Higher-rate taxpayers benefit from further tax advantages, only paying 10% tax on their dividend income (payments made by companies to shareholders, usually from annual profits). This is the same amount lower-rate taxpayers pay, in or out of an ISA, and considerably less than the 32.5% higher-rate taxpayers usually face.

### 4 ISAs don't require large deposits

Pay as little as £50 a month into a stocks and shares ISA. Some ISAs require a large starting deposit, but many don't. Cash ISAs, which don't require monthly payments, can be opened with as little as £1. **GHI TIP** Look out for fixed-rate cash ISAs: these award slightly better interest rates than easy

access ISAs, but you'll usually be required to make all payments into your ISA within a set period – typically a window of 30 or 60 days after opening. **GHI TIP** Opt for an easy access ISA if you want to pay in money throughout the year and to withdraw your money freely and without any penalty charges.

### 5 They keep up with inflation

Because the interest in normal savings account is taxed, it's that much harder to keep up with inflation. For example: to match inflation based on a 1.3% Consumer Price Index, an ISA would need to pay 1.3% – but a savings account for a basic rate taxpayer would need to pay 1.625%. An account for a higher-rate taxpayer would have to pay 2.167%.

**If a higher-rate taxpayer had invested their entire cash ISA allowance each year since ISAs were introduced, rather than putting it in a standard rate savings account, they would be £6,000 better off, according to Moneysupermarket.com.**



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CONTINUED FROM PREVIOUS PAGE

# Wake up & smell THE COFFEE



Don't let premature ageing spoil your coffee

**Q** I buy my coffee in bulk to keep the cost down. Is it okay to keep it in the freezer?

**A** Coffee purists are choking on their flat whites – storing coffee in a freezer does NOT keep it fresh for longer and, even worse, sucks out the flavour from beans and grounds.

'Freezers have too much moisture and they don't get cold enough to help slow the ageing process,' explains Steve Leighton of coffee roasters Hasbean.

Coffee's other great enemy is air, so store it in airtight containers if you can, which will also protect against food and cooking odours that could seep through. Once opened, roasted coffee should ideally be used within two weeks, says the British Coffee Association. Store it in a cool, dark cupboard, avoid buying in bulk, and only grind what you need – once coffee is ground, its increased surface area is exposed to more air, so reducing its flavour faster.

## Clever storage

We tried out Prepara Evak's 1.36 litre Airtight Food Glass Storage Jar (£26.99, Amazon), which has a two-valve system. It pushes out the air as you push down the lid, making it a great storage container for coffee – it would work well for herbs and dried fruits, too.

## WHAT'S NEW, PUSSY CAT?

**A** computerised cat feeding system? We couldn't resist! The lid of the SureFeed Microchip Pet Feeder slides open automatically when an animal approaches that it recognises. Each pet is identified by its microchip, which triggers opening if the animal is at the correct food bowl, then closes again when the pet moves away. It's ideal if you have more than one pet, or medication that you don't want other animals to touch. It also includes a timer setting for when owners are out of the house.

SureFeed was easy to set up and incredibly simple to program to recognise our feline testers, Batman and Robyn. The one downside is that dirt got caught in a few hard-to-reach spaces. From selected veterinary practices, pet stores and sureflap.com, priced at £99.



Let your cat serve herself



Well connected: one day, all our devices will speak to each other

## WE'VE SEEN THE FUTURE... AND IT'S EXCITING!

**F**orget 4G phones – they're so last year. In a bid to crank up speed and network responsiveness even further, the big companies are chasing 5G.

It may still be a while off, but it's part of the so-called Internet of Things – an umbrella term for the day when all our household devices will use cutting-edge technology to talk to one another. With this in mind, those at the GHI have a few ideas of their own about what they'd most like to see in the near future. Product developers, you have been challenged!

**DRIVERLESS CARS:** 'Manufacturers suggest this is a real possibility... It would certainly make long road journeys less of a headache.'

**Caroline Bloor, Consumer Director**

**SMART OVENS:** 'I would love a device that could assess the correct moistness of a cake.'

**Janet Leigh, Consumer Researcher**

**BURN-FREE TOASTERS:** 'Why can't I get an audio alert to my phone once my toast has started to burn?'

**Nathalie Bonney, Consumer Writer**

**INFO MIRRORS:** 'I'd like a bathroom mirror that displays health data from your activity tracker when you step in front of it.'

**Carrie-Ann Skinner, Technology Specialist**

**VIRTUAL STYLISTS:** 'When I'm shopping online, I'd like an app that gives you a selection of clothing items from different stores that would work well together.'

**Trisha Schofield, Head of Testing**

**CLEVER LIGHTING:** 'It would be useful if the lighting in my home was able to scan for movement and automatically switch off!'

**Katie Mortram, Junior Researcher**







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# HEALTHY WAYS TO COOK

Trouble-free rice, and vegetables that retain more nutrition? The GHI tried out 15 rice cookers and steamers to bring you their favourites...

## RICE COOKERS



### WINNER

*Russell Hobbs Rice Cooker & Steamer*

£24.99 | [uk.russellhobbs.com](http://uk.russellhobbs.com)

- 1 Simple to use, and keeps rice warm once cooked
- 2 Exterior stays cool in use
- 3 Large capacity (approx 1.4kg, depending on type of rice)
- 4 Alarming, it spits when cooking brown rice
- 5 Comes with a useful steaming basket accessory for veg

85/100

**MORE TESTS AT**  
[goodhousekeeping.co.uk/  
institute](http://goodhousekeeping.co.uk/institute)



### RUNNER UP

*Judge Family Rice Cooker*

£62.50 | [judgcookware.co.uk](http://judgcookware.co.uk)

- 1 Keeps rice warm for up to six hours once cooked
- 2 Flip-top lid becomes a secure handle when locked, but is hard to clean properly
- 3 Has a condensation collector to prevent soggy rice
- 4 Spits alarmingly when cooking brown rice
- 5 Inside is tricky to clean as it is not removable

81/100

## STEAMERS



### WINNER

*Morphy Richards Intellisteam Compact*

£69.99 | [morphyrichards.co.uk](http://morphyrichards.co.uk)

- 1 Compartments can be set to different times so that food finishes cooking simultaneously
- 2 Divider can be removed to steam a larger quantity
- 3 Preset times for different foods, which can be altered
- 4 Alarm sounds when water low
- 5 Unlike conventional 3-tiered steamers, it has only two compartments

95/100



### RUNNER UP

*Russell Hobbs 3 Tier Food Steamer*

£49.99 | [uk.russellhobbs.com](http://uk.russellhobbs.com)

- 1 Large capacity (9 litres)
- 2 Very easy to read the water level as base is translucent
- 3 Simple to use – just set the timer
- 4 Tiers fit easily together, and have numbered handles to save confusion
- 5 No warning when water level is low, so you must keep an eye on it

91/100

## Do I really need these gadgets?

‘Not necessarily,’ says GH Acting Cookery Editor Suzannah Butcher. ‘It really depends how often you steam vegetables or cook rice. They will take up valuable counter space, but if you regularly prepare rice or steam veg along with a lot of other dishes, these gadgets will usefully free up a hob ring – and the timer functions are handy to make sure food is ready at the same time or to keep rice at a constant temperature until you’re ready to use it.’

‘Rice can be notoriously tricky to get right: if you want to stick to cooking it the conventional way, here’s our method for great results.’


### Cooking long-grain rice

1. Put the rice in a bowl and cover with cold water. Stir until cloudy, then drain and repeat this washing process until the water is clear.
2. Measure the rice by volume, then put it in a pan with a pinch of salt and twice the volume of boiling water or stock.
3. Bring to the boil, uncovered. Reduce the heat to low, cover and simmer. Set your timer for the time stated on the pack. No need for the rice to absorb all the water – it just needs to be cooked until *al dente*: tender, but with a hint of bite at the centre. ▢



Rice cooker or conventional method: get rice right every time





Want to feel happy,  
energised, confident, and  
calm under pressure –  
and drop a dress size  
along the way? This is the  
secret that will change the  
way you think about  
exercise for ever...

If you gave up after day one of Operation Flat Stomach, hear this. There is a reason why, for some people, exercise becomes an enjoyable, regular, life-changing habit. Their secret? Women who exercise regularly don't just do it for their bodies – they do it for their minds, too. A review of studies investigating the impact of regular exercise on mood found that it made people feel happier, calmer, more alert, relaxed and energised. And the best results aren't achieved by doing something you dislike, at a pace that makes you feel as if you're about to pass out, but by picking an activity you enjoy, at an intensity that feels good.

So welcome to your personal trainer with a difference. Instead of designing a routine around the areas of your body you'd like to change, we're here to help you find the activity that will set you on track to be happier, more relaxed and more confident. And you may just find you've lost weight without trying...

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Why  
**EXERCISE**  
really *is* the answer



**THE PROBLEM: STRESS***Your prescription:*  
**RUNNING**

Co-founder of Up and Running, a group for women with mental health issues, Shona Campbell knows just how transformational running can be for women under stress – so that's all of us, then. She explains: 'When new women join our group, I can't help but notice how physically uncomfortable they are – stress has given them hunched shoulders, high around their ears, and their body language is rigid and tight. But as soon as they start to run, you can see their bodies begin to relax.'

A study has shown that running causes the brain to release more of the neurotransmitter GABA, which helps to quieten the brain's response to stress, leading to a feeling of calm – and is similar to the way many anti-anxiety drugs work. This kind of exercise has a long-term effect too, fundamentally remodelling the brain, so fitter people are often able to recover from stressful situations more quickly.

But it's not just physical. Running outdoors with others can be emotionally restorative, too, Shona explains: 'A natural environment is a less stressful environment, and sharing the experience with others turns your focus from your spiralling worries to the world outside. At one time, I felt under so much pressure from various responsibilities that I was constantly on the verge of tears. I went out with my running group and, as we sped through the local countryside, we all shared our experiences and stresses and how we coped. I came back home with a great big smile on my face. Although the pressures were the same, I now knew I could handle them.'

Check out [runengland.org/whywerun](http://runengland.org/whywerun) for running clubs of all levels in your area, or try on your own first with a walk-run programme. Shona advises you run for small bursts with walks in between, and gradually build up the time you spend running – you're aiming for a balance that's challenging and hard work, but achievable. If running even short distances is too tough, start with power walking to build up your stamina,

*Turn it into a habit by going at the same time every week, no question – put your running clothes on before you give yourself a chance to think about it.*

then introduce a 30-second jog every five minutes, and gradually increase from there.

■ **Make sure you keep a record of how long you've run for, so you can measure how you're getting stronger and fitter. That gives you the self-belief to feel in control of your situation, no matter what kind of stress you face in the coming week.**

**THE PROBLEM: LOST****YOUR JOIE DE VIVRE***Your prescription:*  
**PILATES**

Studies have shown that Pilates, which focuses on strengthening even the smallest muscle groups, increases serotonin levels and is a significant mood booster, even improving quality of life for cancer patients. It can have a profound effect on how we experience everyday life, as ex-office worker Jamie Clough found:

'I had a lot of family-related problems in my life for about six months, and I felt drained and low. I couldn't seem to take pleasure in life any more. I went to see my GP, expecting to be prescribed medication – but the doctor told me that I wasn't a candidate for antidepressants, and I should try doing some exercise first, and return if I didn't feel better. Well, I never did go back for that second visit.

'I didn't feel up to going to a gym class, so I searched for work-out videos on YouTube, and I tried a Pilates routine. I decided to do one video every day, and gradually I started

noticing my strength was increasing – and I started to feel better. Everyday pleasures like breathing in the fresh air and noticing the seasons change became joyful again. I even took some enjoyment in doing the dishes! Eventually, I left my job and now I'm training to be a Pilates teacher. I'd love to be able to pass this on and help somebody else to get their mojo back.'

*Don't be put off if you don't feel fit. As Jamie says: 'A good teacher will help you adapt a routine to suit you – for example, if your wrists aren't strong enough, you can lean on your elbows. No matter what your level of fitness, you can still do Pilates.'*

■ **You're never too old for Pilates, either, says Winona Holl of the Pilates Foundation: 'I have a 90-year-old student who says, "You're keeping me alive!"'**

**THE PROBLEM: LOW CONFIDENCE***Your prescription:* **DANCE**

Rather than just waiting for the next season of *Strictly*, maybe it's time to get a pair of dancing shoes of your own? Research has shown just how powerful dance can be when it comes to changing people's view of themselves. In a study by Sport in Mind last year, 91% of participants found regular exercise improved their self-esteem, and more studies into groups as different as teenage girls and patients with Parkinson's disease, from people with obesity to those with depression, all come to the same findings: dance classes help to boost self-confidence.

For Anne Hogan, from the Royal Academy of Dance, the impact can be felt before you

even learn your first routine. 'Think about how a person stands when they lack confidence and have low self-esteem: shoulders slumped, looking down, the body drawing into itself. Dance helps to improve your core strength and posture – in a ballet class, for example, you learn to lengthen your body, pull yourself up, look ahead, and fill up the space. Simply standing tall and proud can help people find a physical connection to an emotional sense of confidence, providing an instant hit to your self-esteem.'

■ **It may take a couple of tries to find a class and teacher you like, so don't give up after your first go.**

■ **Find a dance agency in your area at [danceuk.org](http://danceuk.org) – it will have details of all dance classes taking place near you. Make sure your teacher has insurance.**



Learn how slowing down can soothe anxiety



practice drawn from yoga – there’s a growing body of evidence showing just how helpful yoga can be for mental health issues.’

Yoga teacher Amarajyoti was one of the first people to establish a proper training course in yoga for mental health professionals. She explains that the fastest way to feel less anxious is by slowing your breath down – but this is almost impossible if you’re already in panic mode, when your breathing automatically becomes fast and shallow. She suggests you start with this exercise:

‘You can do this sitting in a chair, standing, or lying down: raise your arms above your head as you breathe in, and lower them as you breathe out. You’ll want to do this fast if you’re feeling anxious, but the

emphasis is on allowing the movement to become slower. It sounds simple, but it can be very challenging to do it slowly, and maintain your focus – and very powerful, too.’

## Your prescription: **YOGA**

As a yoga teacher and cognitive behavioural therapist, Melanie King is well placed to understand the impact that yoga can have on the mind of a person suffering from anxiety. ‘I remember one student in my yoga class who was always in a hurry. She was always on the go and would rush her postures, raising her arms quickly instead of slowly, always striving, never relaxing,’ she explains. ‘By getting her to slow down, breathe deeply, and by bringing her body into balance, I could see her mind calming, and I watched her gradually become less anxious. Over the weeks even her speech slowed down, she started prioritising more at work, and anxiety ceased to be a problem for her.’

With its focus on breathing, yoga calms the body and the mind, slowing down the heart rate and releasing tense muscles. Studies have shown that after doing regular yoga practice, participants had increased levels of GABA, the neurotransmitter that may help reduce anxiety, and they felt significantly less anxious. And word is spreading, as Mel explains: ‘GPs are starting to recognise the benefits of yoga, in certain areas of the country. With the boom in mindfulness – a

*Yoga can be adapted for people of all ages and levels of fitness and disability, Amarajyoti says: ‘Almost anyone can do yoga. I teach people who are elderly, who have MS, who can’t stand, and who have shoulder and neck problems.’*

■ Many of the psychological treatments being used to help people with anxiety, such as cognitive behavioural therapy (CBT) and mindfulness, are built on the fundamental principle that underlines yoga: awareness. Yoga helps to develop physical and mental awareness of aches and thoughts and to step back, rather than getting caught up in them and provoking a distressing emotional response.

## THE PROBLEM: DEPRESSION

### Your prescription: **WALKING**

Exercise can be an extremely powerful tool in helping people with depression and unlike medication, it has few side effects, costs little, and it works: a recent review of 30 randomised controlled trials concluded that exercise can be as effective as cognitive therapy or medication. But when you’re suffering from depression, the last thing you feel like doing is exercise. That’s why going for a walk outside may be the best place to start.

According to mental health charity Mind’s Information Manager, Sam Challis, exercising outdoors can be a game-changer. ‘Our research into green exercise shows that it can be invaluable – more than 90% of those who took part in our studies said it benefited their mental health. No matter how unwell you are, it will have a positive impact – and if you aren’t seriously unwell, it can be enough on its own to raise your mood,’ he explains.

For Des De Moor, from The Ramblers walking charity, simply being outdoors can have a huge impact on people’s health – both mental and physical: ‘Patients in hospitals recover more quickly if their window looks out on to a garden, rather than on to a brick wall. Time and time again, I’ve seen people walking their way out of a dark time in their lives.’

■ In one study, 71% of people found they were less depressed after going for a walk outdoors, versus 45% of those who walked indoors.

■ With one in nine women in England taking antidepressants, exercise could be a key part in bringing those numbers down: but medication could still be an important part of the process. As Sam explains, ‘Some people find antidepressants give them the energy to access sporting activities – the pills enable them to do the exercise that, in turn, enables them to stop taking the pills.’ □





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# 25 things everyone with a vagina must know

When it comes to our health, we're switched on and unembarrassed. Right? Wrong. There's still one vital area of our bodies that we use silly euphemisms to describe and rarely self-check. But no need to dash off and find a mirror. Just follow our no-nonsense advice about how everything fits together, the best ways to keep it all working well and the latest tips to give your sex life a boost...

## 1

### *What's* WHAT?

*Although we tend to refer to everything down there as the vagina, the bits you can actually see are the vulva – the labial lips, the clitoris and the urethra. 'The vagina is a tubular structure with the vulva at the bottom and the cervix – the entrance to the womb – near the top,' says Dr Diana Mansour, Consultant in Community Gynaecology and Reproductive Healthcare. It's also impossible for anything like a tampon to escape into your uterus, as the cervix blocks off access.*



## 2. *Your vagina can STRETCH to many times its normal size...*

The vagina expands a bit during sex – a process called tenting, when the inner parts of the vagina, which lie compressed against each other, increase in length and width. But that's nothing to what happens during childbirth. 'This is because there is very little muscle at the top of the vagina, and the ligaments in the pelvis and the pelvic floor both stretch to become large enough to accommodate a baby's head,' says Dr Mansour.

### 3. **It's a muscle, so you need to use it**

'Imagine your pelvis and then a sling of muscle that hangs across it like a hammock – the vagina and rectum pass through this hammock and the muscle is in the lower third,' says Dr Mansour. 'The best way to keep the vagina in shape is to have a normal level of oestrogen – and regular sex. If you don't have a regular sexual partner then using a vibrator could keep the vagina toned.' Post menopausal women should work hard on their pelvic floor exercises, as these support the vagina.

### 4. **More exercise means better sex**

Putting your pelvic floor muscles through their paces won't just help protect against urinary incontinence, it also makes for increased sensitivity and stronger orgasms. To strengthen your pelvic floor, sit comfortably and focus on squeezing the muscles 10-15 times in a row without holding your breath or tightening your stomach or buttock muscles. As the muscles get stronger, hold the squeeze for 10 seconds.

### 5. **Bacteria is no bad thing**

It may sound alarming, but the bugs that populate your vagina – known as vaginal flora and dominated by bacteria of the lactobacillus species – are the good guys. Their role is to keep the vagina healthy by producing acids that inhibit the growth of yeasts and other harmful bugs. It's when this natural balance of flora is disrupted that you become prone to

infection. The inner lips of the vagina are also the sweatiest part of your genitalia and highly sensitive to emotional stress. But the sweat glands are important – they prevent these super-sensitive areas from friction and overheating.

### 6. **Lumps and bumps**

They are rarely anything to worry about, but if you do develop lumps or bumps on the vulval area, check them out with your doctor. See your GP if you notice blisters or ulcers in the vaginal area (which are likely to be caused by a herpes infection) or you think you may have warts, which tend to have a cauliflower like surface. Although not linked to cervical cancer, genital warts are contagious and unsightly and can grow large. They can be removed by freezing or laser treatment.

## 7. *But it SHRINKS as you get older*

'The vagina has lots of natural folds but after the menopause the fall in oestrogen causes the epithelium, the tissue lining the vagina, to atrophy so it shrinks a little,' says Dr Vanessa Mackay from the Royal College of Obstetricians and Gynaecologists. 'It becomes thinner and more fragile but using a vaginal oestrogen cream can help repair damage and thicken the skin.' Women with oestrogen-dependent cancers are not normally prescribed oestrogen creams but there are other lubricants that can help with dryness and irritation. If in doubt, talk to your specialist.

### 8. **Some discharge is normal**

Vaginal discharge changes throughout your menstrual cycle and your reproductive life. 'Before ovulation it tends to be thick and creamy, but during ovulation it becomes thinner, clearer and more stretchy, to make it easier for sperm to move up the vaginal canal and into the uterus. After menopause you may notice less discharge,' says Dr Mackay.

### 9. **Unlike your oven, it's self-cleaning!**

There's no need for perfumed soap, douching or scrubbing – your vagina has its own cleaning system. Think of tears, which help clean your eyes – vaginal discharge works in a similar way. In fact, experts say douching or using perfumed feminine hygiene products can upset the delicate pH of the vagina and leave you more prone to infection. Some women can also develop chemical vaginitis – a red, painful and itching vulva and increased discharge – caused by a reaction to soap, shower gel or sometimes an allergy to latex.

### 10. **Occasional discomfort during sex isn't unusual**

Lack of lubrication, infection, endometriosis and trauma can make sex painful. There's a fold of perineal tissue at the opening of the vagina that can be traumatised during intercourse, causing pain. Try more lubrication, and changing position.

## 11

### *COTTON is the best choice*

*It's about keeping things at the right temperature. Tight jeans or leggings, and synthetic fibres, which have been shown to raise the temperature at the vaginal opening, leave you more vulnerable to yeast infections.*





## 12. VARIETY *makes for better sex*

Women who combine several different sex acts – oral sex and intercourse, for example – during each lovemaking session are more likely to have an orgasm than women who just stick to one activity, according to the US Centre for Sexual Health Promotion.



## 13. CONDOMS *don't stop pleasure*

You may believe condoms reduce sensation, but the evidence says otherwise. In fact, a survey of more than 6,000 men and women found that using a condom didn't affect their enjoyment of sex.

### 14. Your clitoris has around 8,000 nerve endings

It's the most sensitive part of your body, the only one that's purely for pleasure. It becomes around four times its original size by the time you reach your 30s.

### 15. Women get erections too!

It's not just your clitoris that becomes engorged with blood when you are aroused, the labia also contain tissue that gets slightly stiffer when you become aroused.

### 16. Pain can be a passion killer

For some women, painful sex, or discomfort from an infection, can cause vaginismus. 'Muscles in the lower third of the vagina contract so penetration becomes difficult,' says Dr Mansour. This can become a vicious circle, but relaxation techniques, dilators and psycho-sexual counselling can all help.

### 17. Lubrication is a turn on

A study of more than 2,500 women showed that using a lubricant significantly increased levels of pleasure and satisfaction – whether on their own or with a partner.

## 18. Tell-tale WARNING signs

If your discharge smells unpleasant, becomes blood stained or is noticeably different from normal, or the area feels itchy or burning, see a doctor. Bacterial vaginosis (BV), typically causing a profuse, grey white, fishy smelling discharge, is a common infection that tends to develop when the pH of the vagina becomes more alkaline. Most attacks will clear up without treatment, but pregnant women are often given antibiotics as there is a small risk of BV leading to more serious infection.

### 19. Using the loo after sex is important

Needing to visit the bathroom after having intercourse is your body's way of looking after you, as urinating after sex helps protect against urinary tract infections by washing away any potentially harmful bacteria.

# 20

## Hold the BRAZILIAN

The reason, says Dr Vanessa Mackay, is that your pubic hair is there for a reason. 'As well as providing protection for the vulva against friction, it has a role in preventing bacteria and other bugs entering the vagina – in much the same way as eyelashes help to protect your eyes.'

### 21. Antibiotics can cause infection

Tight underwear, high blood sugar levels, hormone changes or antibiotics that kill yeast-fighting bacteria all make thrush more likely. It is treated with over-the-counter drugs like Canesten.

### 22. The G spot may be a myth

It is claimed that there is a very sensitive area on the vagina's inside front wall, but researchers haven't yet managed to locate the spot.

### 23. Vaginal orgasms may not exist

Some women claim to have orgasms during intercourse without clitoral stimulation, but most scientists think the vaginal orgasm is simply a clitoral orgasm caused indirectly by thrusting.

### 24. STIs are an issue whatever your age

Rates in the over 45s are rising. The Family Planning Association recommends using condoms if you're in a new relationship.

## 25. OVERDOING *it can cause problems!*

Regular lovemaking is good for you, but a lot in a short space of time can leave you chafed, inflamed or with a urinary tract infection. Drink lots of water, urinate before and after and use a water-based lubrication such as KY Jelly – or even saliva! Avoid oils as lubricants if using condoms. □





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\*Compared to the leading brand, percentage varies across line-up.

\*\*Based on average consumer loading. \*Source: Nielsen data, 12 months ending Oct '14



# See the risks

**C**ases of eye infections have doubled in five years, and the culprit may be close to home. 'A bug called *acanthamoeba* is found in almost every water tank,' says Daniel Hardiman-McCartney, advisor to the College of Optometrists. It can cause lasting damage to the eyes.

Contact lens wearers are particularly vulnerable, as the bug sticks to the lens. And among the groups at highest risk are those who have worn contacts for years.

Sight loss is, thankfully, rare, but our eyes become drier over time, making them vulnerable to a range of infections. Wear lenses more safely by following these expert tips:

- ◆ **Wipe over eyelids with a cotton bud.** 'I often see women with a build-up of eye make-up, which can block the hydrating glands,' says Hardiman-McCartney.
- ◆ **Dry your hands.** Washing them before touching eyes is a given, but drying is essential to keep hands bug-free.



Look after your lenses to avoid infections

- ◆ **Microwave your lens case.** 30 seconds on high will sterilise it.
- ◆ **Stay out of the water.** From showers and spas to swimming pools, take your contact lenses out first. *Acanthamoeba* thrives in all these environments, and even chlorine won't kill it.

## DID YOU KNOW?

**Redheads, we feel your pain.** The auburn-haired need 20% more anaesthetic during surgery, thanks to a gene that links pigment to pain receptors. But having green or blue eyes may redress the balance. New research shows those with light eyes tolerate pain better than their brown-eyed friends.

## VISITING RULES

**T**hree recent studies have shown that visitors help hospital patients recover faster. But though we willingly clear our diaries to see sick loved ones, we often struggle to fill the time when we're there. The reason? Deep down, we're often ambivalent about being around poorly people, and inside we can't wait to get away. Once we recognise this, we can prepare ourselves mentally and focus on the patient, says Professor Havi Carel of Bristol University, who studies how we experience illness. She suggests asking 'Shall we do a crossword?', 'Would you like to know about work?' or 'Do you want to tell me what's on your mind?' if you don't know where to start. Meeting a loved one's needs is key, whether that's by listening or offering to wash their hair. For gifts that make hospital more bearable, try [notanotherbunchofflowers.co.uk](http://notanotherbunchofflowers.co.uk), founded by Annika Burton while recovering from breast cancer. Thoughtfully chosen soft PJs, chemo-friendly toiletries or a gorgeous eye mask will help show them how much you do care.



Thoughtful gifts are always welcome!

## 5 WAYS TO IMPROVE YOUR FAMILY'S HEALTH IN APRIL

**1 Have young athletes screened.** The charity CRY offers free screening to all 14- to 34-year-olds to identify the hidden heart disease that kills 600 young people each year. To apply, see [testmyheart.org](http://testmyheart.org).

**2 Shun the sofa.** Fidgeting's more likely if you're perched on a less-comfy seat. All activity counts, so it can improve fitness and accelerate weight loss, according to new research.

**3 Load up on carbs before a long flight.** The spike in insulin levels that follows a starchy meal should reduce jet-lag, say Japanese scientists.

**4 Go online for an energy boost.** Blue light from screens is as effective as caffeine at improving alertness – but be careful if you combine the two!

**5 Check repeat prescriptions.** They should be reviewed at least annually, but almost half of GP practices are likely to miss this, according to recent analysis. □





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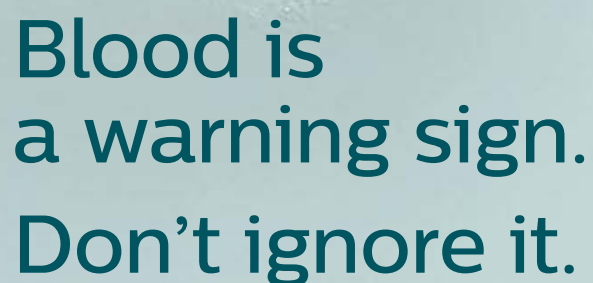
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## AirFloss

Dear Tanya

How can I feel  
passionate about my  
husband again?

In the past year, I have completely lost interest in sex. My husband of nearly 30 years is hurt and upset by this turn of events. I still love him and want things to go back to the way they were before, but I don't know if I feel like this because I no longer find him sexually attractive, or because I just don't want to have sex.

**T** **ANYA SAYS:** Sex improves both mental and physical health; it strengthens a relationship, building intimacy and connection. On a physical level, it leads to the release of endorphins (pleasure brain chemicals) and reduces stress and anxiety. All this means that sex is good for us, as well as being a lot of fun!

However, even the healthiest of sex lives can experience periods of hiatus, and what you describe is common for couples who have been together for many years. The pressures of life, health problems, physical changes with age and familiarity can all cause interest in sex to dwindle.

You don't mention your age, but if you are post menopause, you may find that you need to adjust to a body that feels different, and responds to sex in a new way. It is not unusual to experience a dip in sexual interest, but this is often due to physiological changes, and adjusts in time. Some women also identify shifts in terms of their self-perception, and may say they feel 'less of a woman'. Again, this is not permanent, and many go on to enjoy fulfilling and pleasurable sex lives following the menopause.

However, for women who struggle to accept their ageing bodies, a perceived change in sexual interest may be linked to discomfort with their own image. If this is the case, then it may be hard to become aroused, as you feel embarrassed and anxious about how your husband perceives you physically and sexually.

Anxiety causes physical tension and annihilates sexual arousal and the uninhibited fluidity of intimacy. You may have got into an anxiety cycle, where you have become so concerned over feeling less sexual that it becomes a negatively reinforced self-fulfilling prophecy.

With this in mind, I suggest that you begin by learning to appreciate and value yourself physically. Pamper yourself and spend time appreciating your body, taking

PORTRAIT OF TANYA: JOHN SWANNELL. TANYA WEARS JUMPSUIT, SOFIE D'HOORE. NECKLACE, MANGO. HAIR: PETROS MAIROUDHIOU AT TREVOR SORBIE. MAKE-UP: GINNI BOGADO AT CAROL HAYES. STYLING: JILLIE MURPHY





*with Professor  
Tanya Byron*

Professor Byron is a chartered clinical psychologist. Each month, she counsels a reader going through an emotional crisis.

time to nurture it and reconnect with it as something that can give and receive pleasure.

An open acknowledgement of the issue is also vital, as a lack of communication creates a barrier between yourself and your husband, so that he feels increasingly hurt and rejected while your anxiety grows.

Talking may feel uncomfortable at first, but airing the issue diminishes its potency, and reduces the silent anxieties you are both feeling. The more you talk about this 'phase', the less intimidating these chats become, and sexual performance anxiety will decrease. See this moment in your relationship as an exciting opportunity to rekindle intimacy.

Should the conversation about your sexual relationship feel overwhelming and difficult to start, then consider seeking support from a trained sex therapist ([cosrt.org.uk](http://cosrt.org.uk)) or via Relate ([relate.org.uk](http://relate.org.uk)). Many couples seek advice about sexual issues, and this could be seen as part of a relationship MOT as you begin a more mature phase together.



You may find  
new and  
surprising  
ways to be  
intimate



When you embark on building physical intimacy, take it slowly, one step at a time, as described by the sensate focus approach ([basmt.org.uk](http://basmt.org.uk)). This takes the pressure off by encouraging couples to start with touch and holding, building intimate trust and reducing any awkwardness. Let the passion reignite without forcing it, and remember that you may find new and surprising ways to be intimate. For example, you may discover that sex is now

best at a different time of day than before.

Once you have identified the issue and begun to address it, take time to get to know each other again. Go out, dress up for each other, and learn to flirt together. Remember that playfulness and a sense of humour are essential, as well as a real respect for and understanding of each other's needs. I wish you well. □

*Want to ask Tanya a question?* Write to: Ask Tanya, Good Housekeeping, 72 Broadwick Street, London W1F 9EP, or email [ghasktanya@hearst.co.uk](mailto:ghasktanya@hearst.co.uk). We regret we are unable to respond to all letters individually.



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It uses powerful bursts of pressurised air and micro water droplets to blow away plaque, bacteria and food debris, thoroughly cleaning the places that brushing can't reach. There is a solution.

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\*In a survey of 340 (US) dental hygienists in a 60-day in-practice study of patients with mild to moderate gingivitis instructed to use AirFloss with mouthwash.



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*"My levels have already gone down! For me, Betavivo is a more natural way of lowering cholesterol. I would recommend Betavivo to any of my friends who worry about high cholesterol."*



**Terry Calvert, Birmingham:**

*"I actually managed to lower my cholesterol without medication! I am strongly recommending Betavivo to everybody – almost to the point of stopping people in the street!"*

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Beta-glucan from oats **reduces the high blood cholesterol** which is a risk factor in the development of cardiovascular disease.

A team of Swedish scientists have discovered a way of extracting high concentrations of bio-active **beta-glucan from Nordic oats**. This discovery has been embodied in Betavivo.

One small daily serving of Betavivo will provide the full amount required to reduce cholesterol.

Consumption of beta-glucan from oats will also contribute to the **reduction of the blood sugar rise** after the meal – another great health benefit.

Try Betavivo for breakfast with yogurt or between meals.



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Coronary heart disease has many risk factors. Altering one of these risk factors may or may not have a beneficial effect. A varied and balanced diet and a healthy lifestyle are always important.

[www.betavivo.co.uk](http://www.betavivo.co.uk)





Want to improve your diet and wellbeing? Registered nutritionist **Anita Bean** uncovers what's healthy and what's hype

## Secrets you need when you dine out



Restaurant tips:  
Follow these tricks for  
a healthier meal out

One in three of us eats in a restaurant at least once a week, but the bigger portions and tempting desserts can derail our best diet intentions. Before you cancel your dinner plans, an American study of diners in 27 restaurants has revealed some surprising ways to help you make healthier choices when eating out.

**1 Opt for a window seat.** Eating in an area where other diners can see you helps to boost self-control and curtail overeating.

**2 Don't dip your bread in olive oil.** People who do consume 19% more calories of fat per piece of

bread than those given butter.

**3 Avoid the bar.** Diners seated within two tables drink more than those sitting further away.

**4 Steer clear of TVs.** Eating near a screen means you're more likely to get distracted, eat seconds and drink refills.

**5 Beware cosy nooks and corners.** Dim lighting makes it harder to see how much you're eating, and also makes you less inhibited about choosing fattier foods.

**6 Don't eat with your eyes!** People who face away from the buffet tend to be slimmer, choosing smaller plates and eating more slowly.

## PASS THE YOGURT

In addition to regular exercise and a healthy diet, eating two small pots of yogurt a day may help cut your odds of developing diabetes by almost a fifth. In a study of 200,000 people over 30 years, those who ate 244g daily were 18% less likely to develop the condition. This may be due to probiotic bacteria, which help improve the balance of gut flora and may prevent the absorption of inflammatory molecules. Choose plain over sweetened or fruit varieties to keep to sugar guidelines (max 50g a day). □



Two a day could  
keep away diabetes

## 3 CLEVER FOOD APPS TO DOWNLOAD NOW (AND THEY'RE ALL FREE)

### ❖ NUTRACHECK CALORIE COUNTER

If you're looking for a bit of extra motivation to reach your weight loss goal, this user-friendly app will help you track your food and exercise throughout the day. It has a trusted database of over 160,000 UK foods, together with their calorie and fat values, and a handy picture search facility to save you time.

### ❖ LOVE FOOD, HATE WASTE

Wondering what to do with those leftovers? This handy app helps you organise your food planning and shopping for a tastier way to use up anything extra. There's also a portion size planner that helps you calculate how much you need to cook per person, plus lots of great recipe ideas and tips.

### ❖ CALORIFIC

Perfect for helping you work out portion sizes, or just for the sake of curiosity, this fun app shows you what 200 calories of almost any food looks like. That means you could have half (125g) an avocado, just over half (42g) a blueberry muffin, 50g Cheddar cheese, or a huge head (800g) of cauliflower!

The latest  
ways to  
manage  
your intake



## BURN OFF THOSE EASTER TREATS

Knowing how far you'd have to walk to use up those calories may help you resist an extra chocolate egg.

◆ 7 Lindt milk chocolate mini eggs	210 cals		2.6 miles
◆ 1 Cadbury Creme Egg	180 cals		2.3 miles
◆ ½ Buttons 162g medium Easter egg	430 cals		5.4 miles
◆ ½ Green & Black's 165g dark chocolate Easter egg	480 cals		6.0 miles
◆ 1 Malteser Bunny	157 cals		2.0 miles
◆ 12 Cadbury mini eggs	190 cals		2.4 miles



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**2**  
**PAIN-KILLING  
INGREDIENTS**  
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The UK's only pain-relieving gel with two pain-killing ingredients plus anti-inflammatory action.

Targeted, cooling relief. Always read the label.



**Deep Relief**

Pain Relief Gel



# Just say yes!

**A**ny time now, an invitation will arrive that could make you feel better. It's for a free mid-life MOT for those aged 40 to 74. This new health check will be given every five years to people in this age group. The aim is to help you stay fitter for longer as, while most women now live into their 80s, the Office of National Statistics estimates that good health runs out at 66.

The scheme targets preventable illnesses like heart and kidney disease, concentrating on people who haven't been diagnosed to catch warning signs early. Your

blood pressure, BMI, cholesterol and heart disease risk will be measured, and you may be offered brain and heart age tools to work out how old you are on the inside. Over-65s are also given advice on dementia, though not a test – Public Health England, which administers the checks, has found that they're 'not reliable'.

The downside? There's no escaping the lifestyle chat (be warned: the alcohol calculator is tough). Also, as this is a relatively new scheme, it will take time to roll out. If you can't wait, you can request a check yourself by going to [healthcheck.nhs.uk](http://healthcheck.nhs.uk) to find the nearest opportunity.



Take charge with a mid-life health MOT

**Q** *Do I need an operation to remove my painful bunions? I don't want to be hobbling and out of action for weeks.*

Though surgery is unavoidable if the big toe has swung inwards by 30°, it's common – one in three women develop bunions in mid-life, and even Nigella has had an op on hers.

Luckily, there's now a minimally invasive alternative. Keyhole surgery protects the soft tissue and is gentler on the bone, minimising swelling and joint stiffness. With a local anaesthetic, you can expect to walk out of the operating theatre in surgical sandals – and you won't need them for long. 'I aim to get patients back into their shoes



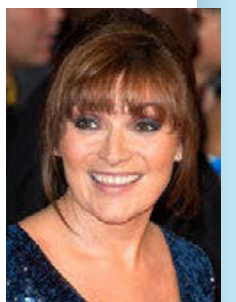
A better way to banish bunions

in four weeks,' says consultant orthopaedic surgeon David Gordon.

As the technique is new, be sure you go to a surgeon specialising in minimally invasive foot surgery: NHS treatment should be available if you're in significant pain. Look at the official NICE guidelines at [nice.org.uk/](http://nice.org.uk/) guidance for information and advice.

## HOW SHE DOES IT!

Trim TV presenter **LORRAINE KELLY, 55**, uses her body chemistry to stay slim.



'For two hours after each meal, your metabolic rate speeds up by 20-30%. If you skip meals, you miss out on this boost,' she says. A healthy breakfast, such as Lorraine's 5am bowl of porridge, is vital. 'Your metabolic rate slows by 5% overnight, and stays at that rate until you eat,' she says.

## YOUR YOUTH-BOOSTING SHOPPING LIST

Add these new age-fighting foods to your trolley to pep up your diet – and your life.

■ **White tea.** All tea is packed with catechins, which help prevent disease, but white tea could be best for skin. Kingston University researchers found that it protects the collagen and elastin that keep skin supple.

■ **Nut butter** may be an easier way to eat the daily handful of nuts that Harvard scientists say could help us live longer. Variety is key, so swap between mixed nut, almond and peanut butters, and avoid any with salt – or chocolate!

■ **The colour purple.** Think dark berries and grapes, aubergines, red cabbage, purple carrots, tomatoes and sweet potatoes. All are rich in anthocyanins, potent plant nutrients found to improve memory and heart health. □



Try white tea for younger-looking skin





Dr Sarah Jarvis answers your health questions this month

◆ Genetic cholesterol conditions ◆ Eczema and dry skin ◆ Easy sugar swaps

# How can I beat this postcode lottery?



**OUR HEALTH PROMISE**  
No fluff, no crackpot theories or bad medicine. Health articles in Good Housekeeping are always double-checked for accuracy by a leading expert from the GH Health Watch team.

**Q** My brother has just been diagnosed with a type of high cholesterol that runs in families, and was told his relatives should also be tested. But even though I already have raised cholesterol, my GP says there's no funding available for this in my area.

**A** This sounds like familial hypercholesterolaemia, known as FH, which is one of the most common conditions to run in families in the UK. It affects about 1 in 500 people and greatly increases your risk of having a heart attack or stroke. It can be picked up when you go for a routine heart health check involving cholesterol testing, or when another family member has a heart attack prematurely or, as in your case, is diagnosed with FH.

Six years ago, NICE recommended that any patient diagnosed with possible FH should be referred for genetic testing as confirmation. They also recommended 'cascade testing', where all members of the extended family are traced and tested. Genetic testing for FH and cascade testing are available throughout Wales, and are just being rolled out in Scotland. Unfortunately, there is no universal funding available for this in England so, as you have discovered, getting access to it will depend on where you live.

In general, factors including age, gender, smoking, blood pressure and cholesterol will be taken into consideration when assessing a person's risk of heart attack or stroke. This does not apply to people with FH, who have raised cholesterol levels from birth, and have therefore lived with cholesterol furring up their arteries for longer than everyone else. That's one of the reasons cascade testing for the whole family is so important: it's recommended that children with FH start treatment by the time they reach adolescence to maximise the risk reduction.

Being diagnosed with FH means that you need treatment with the most effective statins, and your cholesterol should be brought down by at least 50%. In severe cases, an even more intensive treatment called apheresis may be needed. As a start, insist your GP tests your cholesterol, then contact the cholesterol charity heartuk.org.uk for advice on how to approach your doctor about further testing.

**Q** My doctor says that I only have a mild form of eczema, but my skin is always itchy. What can I do?

**A** Chemicals and harsh weather conditions make itching and irritation worse. Skin is a remarkable barrier against infection, but dryness and cracking make it easier for bacteria from the environment to get in, so it's worth adopting a regular regime to protect yourself.

With severe dry skin conditions, such as eczema and dermatitis, topical steroids can reduce acute inflammation, but the best way to protect against flare-ups is regular use of unscented moisturisers.

Pharmacies sell the same ones your doctor would prescribe, and you don't need to slather them on. Ideally, smooth on in the direction of body hair three or four times a day, as they only work for a few hours. E45 is effective but contains lanolin, which some people are sensitive to. Cetraben comes in handbag-sized containers as well as bigger tubs: visit cetraben.co.uk for more tips. Washing can also affect your skin, especially if you use soaps: substitute these for aqueous cream, and avoid bubbles completely.

*Want to ask Sarah a question?*

Email [ghasksarah@hearst.co.uk](mailto:ghasksarah@hearst.co.uk) or write to Ask Sarah, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are unable to respond to letters individually.

## SARAH'S TIPS FOR...

## HEALTHY SUGAR SWAPS

Millions have signed up to Public Health England's Change4life, which has a new campaign focused on easy swaps for high sugar foods. Kids are a major target, as a third of year 6 pupils are now overweight or obese.

**1** A high sugar diet is linked to obesity, type 2 diabetes, tooth decay and increased risk of stroke. Don't ban sugar entirely, but agree with other parents to keep sweet foods as treats.

**2** Up to 30% of sugar in diets comes from breakfast cereals. Served with milk, many low sugar alternatives provide calcium and fibre without the health risks. Try adding dried fruit to appeal to kids.

**3** Sugared beverages account for up to 40% of kids' drink intake. Water is the ideal choice, followed by milk, but even diet drinks are preferable to the full-sugar ones.

**4** Beware 'low fat' foods where the fat has been replaced by sugar – check labels carefully to make sure you're not just trading one for the other.

**5** It can be hard to get after-school snacks right. Try bringing fruit, teacakes or malt loaf to the school gate. □





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# BEAUTY BREAKTHROUGHS Tried & Tested

Is your mobile phone giving you wrinkles? Could a simple gene test save you money on anti-ageing creams? Will the 'vampire' treatment really boost your hair's growth? Good Housekeeping investigates the latest beauty buzzes and treatments to discover what really works

PHOTOGRAPHY **ALEX SARGINSON** BEAUTY DIRECTOR **EVE CAMERON**



Digital devices can take their toll on your neck

## TECH NECK

Forget crow's feet, now it's all about ageing necks. According to Gayle Tait, Google Director for Luxury Fashion & Beauty, we check our mobile phones 150 times a day, on average, and spend 40 hours plus a week on our digital devices. This is a lot of looking up and down, which beauty companies say is accelerating the impact of gravity on our necks.

Cosmetic plastic surgeon Angelica Kavouni concurs: 'It definitely causes deeper and more noticeable horizontal neck lines. Skin on the neck is thinner than on other parts of the body, and has less fat supporting it. This, plus the fact we tend to neglect it when applying sun creams, makes it prone to ageing. Anything to help improve skin texture is a good idea, especially if it contains antioxidants.'

✱ With the antioxidant Idebenone, plus lupin seed to boost collagen production and skin-tightening polymers for a subtle lift, Elizabeth Arden Prevage Neck and Décolleté Cream, £85, also helps to fade pigmentation. It's super-moisturising – important, as the neck area has up to 15 times fewer sebaceous glands than facial skin.

✱ YSL's new Forever Youth Liberator Y Shape Concentrate, £65, and Crème, £63, use its glycan technology (glycans help cell communication and metabolism) to work on firmness, elasticity and skin density. Our cynical tester loved them and felt they made a real difference.



It may sound gimmicky, but there's some truth in it. We say, use a specific neck cream – or at least continue your facial skincare past your jawline to your chest.





## READY FOR YOUR CLOSE UP?

We're seen on screen more often these days - Skyping, Instagramming or Facebooking - so we want instant, natural-looking and lasting make-up coverage. Tap into today's beauty technology with:

✱ Clinique Beyond Perfection Foundation + Concealer, £25, gives flawless, matte coverage to oily or combination skin.

✱ Lancôme Miracle Cushion, £29.50 (refills £19.50), dispenses a water-light fluid that feels amazing as it reduces skin's surface temperature by 2.3°C for a sheer glow that also blurs lines.

**Forget old-fashioned cakey foundations: the new generation of bases will have you screen ready in minutes.**

VERDICT







Could a microcurrent  
help skincare ingredients  
work more effectively?



New tools claim  
to boost skin  
rejuvenation

## INVESTMENT GADGETS

We found it puzzling at first. Why would you want a facial cleansing brush-cum-epilator in one? But as our tester said, the more she used it, the more she thought it was a great idea. The cleansing brush head on Braun Face, £69.99 (Boots), is small and works especially well around the nose. 'I was really pleased with the improvement I saw in my skin's smoothness, texture and pore size after just the first use,' she said. Change heads and you have an epilator to maintain eyebrow shape or remove bothersome facial hair.

### VERDICT

The cleanser/epilator combo is fast and effective - a smart beauty tool.

We also tested Californian celebrity dermatologist Dr Lancer's Microcurrent Power Boost (right), £250 (Harrods), which optimises the skin's own electrical charge, boosting cell renewal and rejuvenation. It feels good as you massage it over your face, but beyond a circulation boost, our tester didn't feel she saw any significant results after a few weeks' use.

### VERDICT

For the celebrity pricetag, we hoped for more.

To tackle forehead lines and crow's feet, we put Wrinkle MD (left), £189 (wrinklemd.co.uk), through its paces. It uses a microcurrent to help hyaluronic acid penetrate into the skin to plump it up and so diminish lines. Hyaluronic acid is used as a skincare ingredient, in fillers and also occurs naturally in our skin - though the older we get, the less we have. It's easy to use: you just stick on a patch and the gadget does its work in 30 minutes. After the treatment, your lines do look less visible. Sadly, it doesn't last long - just under 24 hours in our tester's case - though with repeated use it's claimed the effects will last longer.

### VERDICT

Good for special occasions, if your budget will stretch.



## New skin savers

Sensitive, itchy skin and eczema are generally treated with emollients to stabilise the skin barrier and, if necessary, anti-inflammatory or immunosuppressive drugs.

New research from La Roche-Posay indicates it may not be enough simply to restore the skin's barrier function - we may also need to improve the skin's microbiome balance (the eco-system of organisms that live naturally on our bodies).

In a clinical study, the bacterium *Vitreoscilla filiformis* (found in the company's Lipikar Baume AP+, £12.50) was shown to positively affect the microbiome, and so alleviate inflammation and regulate immune responses. The latest trials show that this approach can reduce flare-ups.

✱ If your skin is on the sensitive side and reacts to preservatives, look out for Melvita Apicosma Soothing Cream, £32 (melvita.co.uk). As well as comforting and nourishing the skin, the formulation uses the same flash-sterilising technology employed for UHT milk, and it comes in an innovative, hermetically sealed pack to prolong the life of the cream without the need for added chemical preservatives.

✱ Along with the anti-age spot workhorse Niacinamide, new Olay Regenerist Luminous Skin Tone Perfecting Serum, £29.99, includes Undecylenoyl phenylalanine (Sepiwhite). According to Olay's Dr Sian Morris, it works differently from other tone-targeting ingredients as 'it temporarily blocks the receptors on the melanocyte, helping to inhibit its stimulation, which leads to excess melanin production'. In Olay's tests, 74% of women reported reduced or faded dark spots after using the serum for four weeks.

### VERDICT

Among all the noise and hype, there are some gems like these that can make a real difference to your skin.





# HELP FOR THINNING HAIR

The idea of being your own naturally active ingredient is appealing - and the premise behind Platelet-Rich Plasma (PRP) treatment. Used in so-called 'vampire' facials, the technology has also now been applied to hair loss. It involves taking your blood (as with a normal set of blood tests) and spinning it in a centrifuge to separate out the blood cells, serum and platelets. It's the proteins and growth factors in the concentrated platelets that are useful to the treatment, as they can stimulate dormant hair follicles to boost growth and prevent loss. After numbing your head with local anaesthetic and micro-needling the scalp to stimulate it, the PRP is injected into the areas where hair is thinning. The scalp is tender for 24 hours and you have to use a Dermalroller micro-needling device at home for a month. Colouring is best avoided for a couple of months.

It's usual to not see any changes for six weeks, but after that you feel hair becoming thicker in the treated areas, according to Vicki Smith at Absolute Aesthetics ([absoluteaesthetics.co.uk](http://absoluteaesthetics.co.uk)), who offers the treatment. Optimum results are seen at three months, at which stage it's decided whether another session would be beneficial.

For one of Vicki's patients with alopecia, PRP has been a life-changer. She said: 'The results are amazing. My hair is thicker and healthy. The shine is back on most of it, and I am now able to go out without my hairpiece some of the time, which means so much for me. It may have been a little painful, but it was so worth it.'



At £1,300 it's expensive, but the results are encouraging.



Through the looking glass: a beauty tutorial you can watch whenever you like

## TRY THE ULTIMATE HIGH TECH MAKE-UP LESSON

We love a beauty counter makeover, but it's easy to forget exactly how the make-up artist managed to give you those sculpted cheekbones or the effect of an eyelift with just a brown pencil. Not any more. YSL uses Google Glass technology to offer bespoke tutorials at Selfridges that you can take away with you. For £30, redeemable against purchase, the YSL make-up artist films you while they apply your make-up. The session is then emailed to you so you can watch it again and again to see precisely what's being used and how. It comes with a list of suggested YSL products with direct links to buy them, too.



A smart and useful twist on the beauty counter make-up lesson.





Harness your  
body's own  
resources  
to help hair  
growth







Fresh faced:  
a serum so  
light it feels  
like water

## Meet the new 'soaked skin' serum

Born out of microfluidics – the study of the mechanics of fluids – Chanel Hydra Beauty Micro Serum, £66, combines the lightness and fresh feel of water on your skin with the comfort factor and hydration of an oil. The idea was to capture the feeling of 'soaked skin' – deep and lasting moisturisation, a radiant glow and plumped-up suppleness. Micro droplets of camellia oil and antioxidant blue ginger treat the skin after the initial watery sensation, and it really does feel unlike anything else on the market. Use it AM before your day cream and PM too if your skin is very dry.



**A boon for dry skin with a unique texture and finish.**

## THE GENE TEST THAT TELLS YOU WHAT SKINCARE YOU REALLY NEED

As well as inventing a cochlear implant for children who are born deaf and a wireless heart monitor, the brilliant and award-winning Professor Chris Toumazou has created a breakthrough microchip that measures two elements of our genetic code relevant to skin ageing. It's used at Geneu in London ([geneu.com](http://geneu.com)), where your saliva is analysed in half an hour to reveal how quickly your genes are programmed to degrade collagen and what your in-built level of antioxidant protection is. You are then given a personalised serum with concentrations of ingredients according to your genetic needs, in combination with lifestyle factors such as UV exposure and whether or not you smoke. So, for example, if you degrade collagen quickly, collagen-boosting ingredients such as peptides and vitamin C are upped. If you don't, other ingredients come to the fore. Though if you don't degrade collagen quickly and don't sunbathe much or smoke, presumably you'd also do quite well with a good, basic moisturiser plus SPF. This is where a money-saving element could come in – but only after you've forked out £600 for the test and the initial two-week serum supply.



**One to watch.** Just as personalised medicine could revolutionise healthcare, eventually a personalised beauty regime could become the norm. However, right now it still feels like a pricey luxury for wealthy skincare obsessives.

## Tried & Tested: skin softeners



**W**e've mastered BB and CC creams, and now, along comes another Asian import – skin softeners.

Also known as essences, waters or infusions, they contain treatment benefits similar to serums and moisturisers, and are designed to soften and rehydrate skin and enhance the effectiveness of your moisturiser. They are different from toners, which usually contain astringent ingredients and are the final step of the cleansing process.

Depending on their thickness (they range from a watery consistency to a thin, fluid gel) you can either apply a skin softener with your hands and pat it in or apply it to a cotton pad and sweep over your face. But do we really need another step in our skincare routines? We were, frankly, cynical – so we asked the GHI to investigate.

The GHI trialled eight skin softeners, which testers rated for texture, absorption, how well the product moisturised and softened skin, and any visible improvements seen in fine lines, wrinkles, firmness and skin tone. Almost all our testers had never used a softener before.



84/100

### WINNER

**SHISEIDO BENEFIANCE WRINKLE RESIST 24 SOFTENER**  
£42 | [feelunique.com](http://feelunique.com)

- 1 There was very little testers didn't like. They were pleased with the speed of results, and liked the fresh feeling and scent.
- 2 Testers found skin noticeably softer and more radiant.
- 3 The product absorbed well, allowing quick application of subsequent beauty products. Some commented it supported their existing moisturiser well.



82/100

### RUNNER UP

**L'OCCITANE IMMORTELLE DIVINE LOTION**  
£42 | [uk.loccitane.com](http://uk.loccitane.com)

- 1 Testers praised the scent and texture of this product and said it absorbed well and quickly.
- 2 Some commented it was easy to fit into their daily regime.
- 3 Results were noted for some on cheeks, and for others on fine lines.
- 4 Skin felt more hydrated and the lotion made moisturiser application more efficient.

**OUR TESTERS ALSO RATED** Trilogy Hydra-Tone Softening Lotion, £19.50 ([debenhams.com](http://debenhams.com)), 81/100  
MAC Cosmetics Lightful Softening Lotion, £24.50 ([maccosmetics.co.uk](http://maccosmetics.co.uk)) 74/100  
and Diptique Infused Facial Water, £35 ([diptiqueparis.co.uk](http://diptiqueparis.co.uk)) 72/100

**GHI VERDICT** With just over half our panel (54%) stating they would now include a skin softener in their regime, we think these are definitely worth a try – particularly for those with normal to dry skin. It's an additional investment at a cost, but a little product goes a long way. With ease of use and quickness of absorption rated highly in almost all cases, this is a quicker step to add to your regular routine than say, a mask, for softer, more hydrated skin. □

HAIR: DINO PEREIRA. MAKE-UP: DENISE RABOR. NAILS: SABRINA GAYLE. SKIN SOFTENER PRODUCT TESTING: CLARE DURRANT



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**9/10** WOMEN SAID THEY COULD DELAY THEIR  
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\*EPOS DATA, 12 WEEKS TO OCT 2014, UK RETAIL (BRAND) VALUE SALES  
\*\*280 WOMEN QUESTIONED IN A ONE WEEK HOME USER TRIAL

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# The new JEWELLERY ZONE



Fancy a hoop in your helix? Forget Botox, there's a new-style needle in town that the A-list swears shaves off years. TV presenter Penny Smith considers the trend...

The teenage bible that was Jackie magazine used to have a section that was a must-read for those of us trying to make ourselves look like women of the world – or at least old enough to get into the local cinema to watch *The Exorcist*.

Drawings of round, square, heart-shaped or long faces were metaphorically carved up to show you where to put your make-up to enhance your assets and disguise your alleged failings. Essentially, we wanted to look a bit like Brigitte Bardot and a lot like Demelza from *Poldark*. Now, of course, it's all about looking younger. And apparently, those in the know are doing that by judiciously puncturing their ears.

Jennifer Aniston has done it. Sharon Osbourne has done it. You pepper holes on the crunchy part of the ear at the top, along the sides and in the concha – that's the shiny bit inside – and SHAZZAM! You are instantly younger, prettier, perkier and terribly on trend. There are even precision piercers who can pinpoint the exact location to accentuate your cheekbones and make your eyes sparkle.

Are you thinking what I'm thinking? Can anyone genuinely believe that a rash of holes does anything but produce a reduction of drag as you butterfly through deep water, or an interesting effect in the shower? And you can buy perfectly decent ear cuffs that you simply press on to your ear without the necessity of having someone punch a hole through the chewy part.

The thing about fashion is that it is transient. It comes and goes. Today's heavy black eyeliner and blood-curdled lips are tomorrow's pearly eyeshadow and gold cheek uplighter. This is as good as permanent, though. If you have second thoughts, you'll still sport the scars.

For every woman I know who loves her jangling

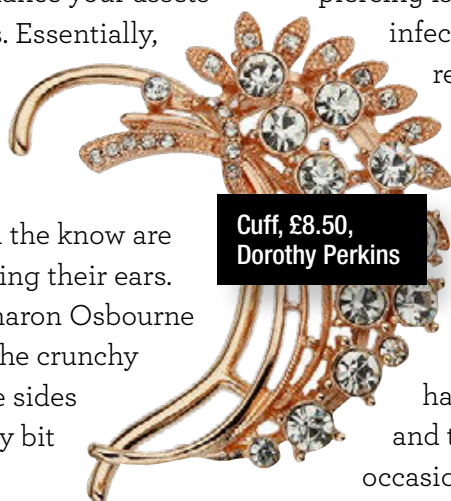
ears, there is another complaining of the unlvely lumpiness. One of my colleagues says she wishes she had never done it. Another says she used to have a piercing at the top of one ear and two at the top of the other while at university. 'But periodically they got infected and I think, in the end, I grew out of it.'

Here's what my friend of GMTV days, Dr Hilary Jones, has to say about multiple perforations: 'Body piercing is not to be taken lightly. It can introduce infection, cause bruising, swelling, an allergic reaction... It can even become blood poisoning. If you pierce through a blood vessel and it bleeds, you can end up with the kind of ears you see on a rugby player.'

It is strange how we have so often embraced a notion of beauty that involves pain. From plucking out body hair to wearing bone-crunching corsets and towering heels, women (and occasionally men) have had to suffer for their style. At the moment, it's all inkings and piercings – but what happens when fashion moves on? It may be that, by then, it will be an easier job than it is now to fill in the holes and get rid of the rose, prose and ancient proverbs.

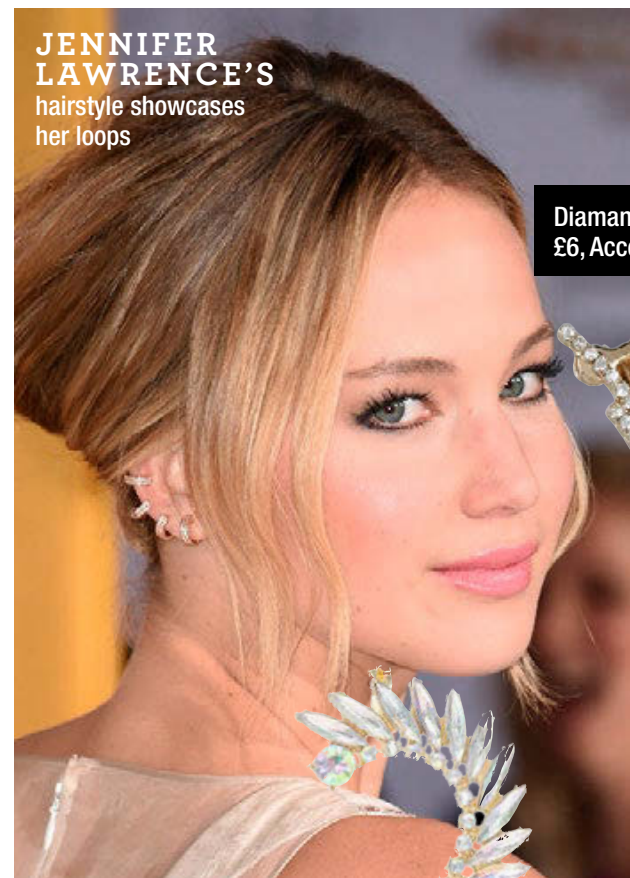
However, I can't help remembering a man I saw recently who had been told that he could not wear his enormous wooden earrings for work (you know the ones – like half a branch hammered through the lobe), so he had a wobbly, dangling piece of skin. Saggy has NEVER been stylish.

Of course, nothing I say will stop anybody going off and peppering their cartilage with shots of metal – there is something incredibly exciting about doing something that people are sniffy about. Me? I'm still trying to look younger by using those Jackie tips and standing next to very old people... □



Cuff, £8.50, Dorothy Perkins

JENNIFER LAWRENCE'S hairstyle showcases her loops



Diamanté cuff, £6, Accessorize



Diamanté cuff, £12, Claire's



SANDRA BULLOCK opts for a singular statement cuff

SIENNA MILLER sports multiple piercings at the Golden Globes



Gold cuff, £66, Daisy Knights (daisyknights.com)



Diamanté cuff, £144, Dannijo (dannijo.com)

FELICITY JONES shines in a string of gems



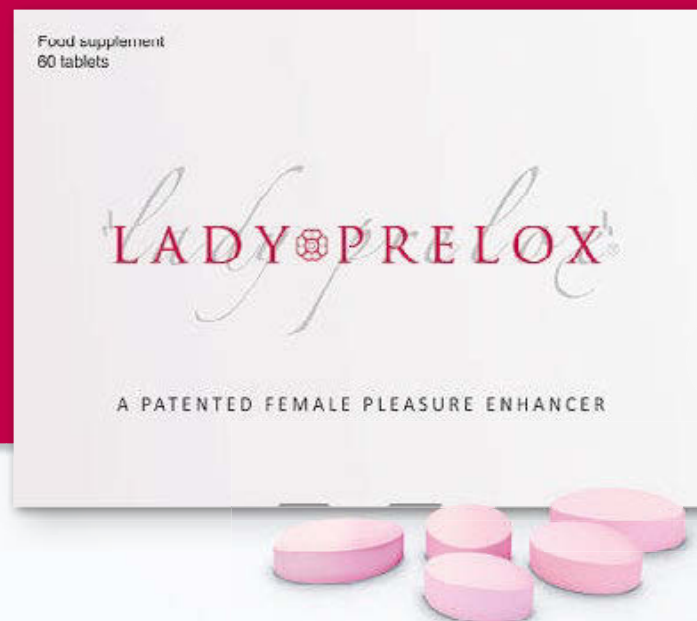
WIN A  
**FREE PACK!**  
See below for details

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\*T&C's: Competition expiry date is 30/04/15. Winners will receive a 60 tablet pack. Entries chosen at random, one per household. Every entrant will receive a Pharma Nord information pack and entry to the draw. Data is not shared with any third party. Please tick here ☐ if you do not want to receive further information from Pharma Nord UK. Code 1424.

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# Beautiful at any age

Stay ahead of the game with our easy anti-ageing tips, fresh ideas and the best new products, says **Gillian Davies**

## TREAT YOURSELF

You deserve this **Dior Kingdom of Colours Palette**, £55, in your make-up bag!



Add a subtle sheen to temples and cheekbones with **Autograph's Pure Luxe Multi Highlights**, £12.50 (M&S).



Travel to the Tropics with **Elie Saab's Resort Collection Le Parfum**, £47 (House of Fraser).



We love **Radley London's Eau de Parfum**, £34 (johnlewis.com).



**Shiseido's Ibuki Multi Solution Gel**, £30, treats blemishes and calms redness.



## PLANT POWER

\* Look out for the new **Weleda Evening Primrose Revitalising skincare range**, from £14.99, which plumps and firms your skin with regenerative flower oils and hydrating shea butter base.



\* Take off the day with organic **Green People Age Defy + Purify & Hydrate Cream Cleanser**, £24.95 (greenpeople.co.uk). It easily removes all make-up, including mascara.

\* The blend of aromatic rosemary, lavender and bergamot oils in **Aveda Beautifying Body Moisturiser**, £22, leaves skin super soft and deliciously fragrant.



## GH TIP

Let smudged mascara dry, then remove with a cotton bud soaked in eye make-up remover, says make-up artist **Rebecca Restrepo**.

## ON TRIAL Lip treats tested by you

Every month, our panel tries dozens of the latest beauty products. These got top marks:

'Super moisturising treatment that repaired my dry, cracked lips.'  
**Clarins Instant Lip Comfort Oil**, £18



'A brilliant non-sticky gloss that gave a pretty wash of colour.'  
**YSL Volupté Tint-in-Oil**, £23.50



'This has a creamy matte finish that lasts for ages but isn't drying.'  
**Estée Lauder Pure Colour Envy Sculpting Lipstick**, £25



\* For more Tried & Tested beauty products, go to [goodhousekeeping.co.uk](http://goodhousekeeping.co.uk)





"My secret to fuller,  
younger looking hair"



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CONTINUED FROM PREVIOUS PAGE

### 3 SPEEDY SKIN IMPROVERS

\* For smoother, dewier-looking skin, try **L'Oréal Paris Revitalift Filler**, £14.99. It has cumulative effects, too.



\* Our tester was impressed by **Estée Lauder Dark Spot Correcting Night Serum**, £50, saying 'My skin looked brighter and more even toned after just two weeks.'



\* With blemish-blasting zinc, **La Roche-Posay Serozinc**, £8.50, is a fragrance-free facial spritz (think toner in a bottle) that immediately mattifies skin. Use am and pm before your moisturiser.



Discover DIY hair colour with a difference

## EXPERT COLOUR

Bridging the gap between at-home and salon colour, website eSalon.com creates custom-blended dye that's delivered straight to your door with personalised instructions. Its online Pro colourists talk you through different colour variations, considering your hair history, eye and skin tone for the most flattering finish. Our tester

loved the results: 'I've been colouring my hair at home for years, but it was beginning to look too dark. My colourist on eSalon recommended a slightly richer brown shade (instead of my usual black) and gave me specific instructions on how to apply it to avoid colour build-up.' Prices start from £18 plus £3.95 P&P (esalon.co.uk).

### EYE Q

Out of love with your lashes? Try Benefit's brilliant new Roller Lash mascara, £19.50, which gives a visible curl and lift that lasts all day.

## GH READER OFFER

### Save 20% at Nails inc online

Founded by former fashion editor Thea Green, Brit beauty brand Nails inc is famous for its huge range of fabulous colours, fashion collaborations, innovative special effects and immaculate professional manicures. The polishes and care products also use the very latest technologies. Its award-winning Gel Effect formulation, for example, gives the same glossy, plumped-up finish as a professional gel mani without the need for UV curing, while the NailKale range uses the on-trend veg to deliver a strengthening and nourishing nail treatment with a splash of colour.

Now you can treat your nails for less, too, as Nails inc is offering GH readers a discount of 20% on full-size products\* at [nailsinc.com](http://nailsinc.com). Simply enter GH20 at the checkout to receive your discount.



New for Spring (left to right): Gel Effect in Berkeley Street, Old Park Lane and Chiltern Street, and NailKale in Lexington Street

**TERMS AND CONDITIONS:** To claim your 20% discount on full-size Nails inc products, visit [nailsinc.com](http://nailsinc.com) and enter code GH20 at the checkout. \*Valid on full-price items sold online only; excludes the Victoria, Victoria Beckham polishes, sale items, gift vouchers and the VIP membership fee. Subject to availability; one use only per customer. Not valid in conjunction with any other offer or promotional code. Offer excludes delivery, and is available from 23 February to 9 April 2015.

All in the details: an on-trend mani is your ultimate accessory



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[www.johnmasters.co.uk](http://www.johnmasters.co.uk)



## BOOST YOUR BODY IMAGE

A shocking 90% of British women aren't happy with the way they look and suffer from body image anxiety, says clinical psychologist Dr Jessamy Hibberd, co-author of *This Book Will Make You Feel Beautiful* (Quercus). Here are her 'inside out' tips for achieving that:

**1** Savour compliments. 'Every time you get a compliment about how you look, write it down. Every now and then, read them through to give yourself a boost.'

**2** Give up 'fat talk'. 'The more negative comments you make about your body, the less happy

you feel about the way you look. It's like having a vocal bully in your head. People think their thoughts are beyond their control, but with effort, you can stop making negative comments about yourself.'

**3** Think 360. 'It's not just your physical appearance that people are drawn to. We can get so caught up in how we look that we forget we're a whole package. Attractiveness is also about your character and personality, sense of humour and intelligence.'

✿ And... read this month's feature **Dear Body, You're Amazing!**



Work on your confidence with positive 'self talk'

# BODY & Soul

Our round-up of tips, news and advice to boost your wellbeing

## Sleep more, worry less

Here's another good reason to make sure you get to bed at a decent hour. According to a recent study, going to bed late and skimping on sleep increases negative thinking, even among people who consider themselves 'night owls'.

Researchers found that the later people went to bed, the more they ruminated and worried, which can increase the risk of anxiety and depression.



## SPA OF THE MONTH

If you happen to be on London's Oxford Street and fancy a break from shopping, head to **Chuan Spa** at the Langham. With the intimate air of a private members' club, it's easy to see why this quiet retreat has been awarded an impressive four bubbles by the Good Spa Guide - meaning it's rated as a 'great' spa experience. Treatments are based on principles of Traditional Chinese Medicine - our tester described her Obsidian Chuan Nurturing Treatment (from £130 for 90 minutes) as 'possibly one

of the most relaxing experiences of my life'. Using essential oils, intuitive therapist Gosia Dec started with a foot ritual and ended with a facial massage, using hot and cold stones in between for a tension-releasing full body massage. Arrive early to use the 18m swimming pool, hydrotherapy pool and Himalayan rock salt sauna. Afterwards, you'll be tucked under a blanket with a bowl of fresh berries and a pot of Chinese blossom tea. To book, visit [goodspaguide.co.uk](http://goodspaguide.co.uk). □

## Fresh air therapy

Aromatherapist Fiona Tutte was so uplifted by the clean air when she moved to Loch Lomond in Scotland that she wanted to bottle it. She created Pure Lochside, an aromatherapy range using organic Scottish ingredients including Scots pine, lavender, arnica (left), marjoram and warming black pepper. 'I was inspired by the dramatic landscape and the natural larder around me,' she says. We love Calm & Soothe Body Oil, £29 ([purelochside.com](http://purelochside.com)), an anti-inflammatory blend that's good for soothing muscle and joint aches.

FEATURE: SALLY BROWN. PHOTOGRAPHY (POSED BY MODELS): GETTY, KARIN TAYLOR / HEARST MAGAZINES UK





# Family MATTERS

It's usually mums who hand down skincare advice to their daughters. Now meet the sisters who are sharing tips with their mum, thanks to the nature-inspired products they've discovered at The Body Shop

**T**hanks to its cutting edge products and potent plant ingredients, the wisdom of using skincare from The Body Shop® has been passed from mother to daughter for more than 30 years. And now a new generation is discovering the benefits of its nature-based formulas.

Beauty bloggers Holly and Becky Sheeran are such fans that they've even passed a few tips on to their mum, Gill. 'The Body Shop had fallen off my radar,' confesses Gill, who also has her own blog. 'My daughters started raving about The Body Shop, so I went to a store for a free consultation and found a regime that really suits my skin type.'

Daughter Holly isn't surprised: 'The products really work, but aren't extortionate. The staff are friendly, approachable and know what they're talking about.'

Gill's other daughter, Becky, agrees. 'I love the fact that the ingredients are natural, which is often hard to find now, and the products are amazing value – they're as good as other top skincare brands for a lot less money.'



Like mother, like daughters:  
(from left) Holly, Gill and  
Becky Sheeran

**'I've always taught the girls to look after their skin. Now they're teaching me new tricks, like using a serum under cream for maximum moisture. I love it!'**

**Gill Sheeran**





**HOLLY'S CHOICE**  
Holly (right) loves calming Camomile Silky Cleansing Oil: 'A refreshing deep clean that leaves my skin soft and supple'



'Don't be afraid of using oils. They help regulate natural oil production without stripping skin, leaving it feeling beautifully soft'

Holly YouTube: Holly Sheeran

'The mask feels like it's nourishing my skin all night long. My skin is smoother and more elastic. It looks great – and I feel great!'

Gill [growingolddisgracefullyblog.co.uk](http://growingolddisgracefullyblog.co.uk)

**GILL'S CHOICE**  
Gill's favourite is Drops of Youth™ Bouncy Sleeping Mask with edelweiss stem cells. 'It does what it says. I've had compliments'



**BECKY'S CHOICE**  
Vitamin E Overnight Serum-in-Oil: 'It's beauty sleep in a bottle – my skin is softer and brighter'

'Spend a few extra minutes each night massaging cream into your face. It makes a real difference'

Becky YouTube: [TalkBeckyTalk](https://www.youtube.com/user/TalkBeckyTalk)



### WIN THESE PRODUCTS

For the chance to win the products featured on this page, simply tweet The Body Shop @thebodyshopuk #TBSskincare and share your top skincare tip. There are 20 sets to give away.

### FREE SKINCARE CONSULTATION

Come in store for a free skincare consultation; get tips from experts at [beautyblog.thebodyshop.co.uk](http://beautyblog.thebodyshop.co.uk), or host a party with The Body Shop At Home™. Call 0800 092 9090 to book and quote GHAPRIL.



# Your SPRING EDIT

Freshen up your wardrobe with key buys in the new ultra-pretty colour palette

PHOTOGRAPHY **GREG ADAMSKI**

FASHION EDITOR **NINI KHATIBLOU**

A full, 1950s-inspired skirt shows off the waist and skims over hips.

Skirt, £225, 8-16, and jumper, £125, XS-L, both LK Bennett. Shoes, £119, 3-9, Boden ([boden.co.uk](http://boden.co.uk)). Bag, £395, Aspinal of London ([aspinaloflondon.com](http://aspinaloflondon.com)). Necklace, £34.95, Joules ([joules.com](http://joules.com)). Sunglasses, £99, Marc by Marc Jacobs ([marcjacobs.com](http://marcjacobs.com)) [CONTINUED OVER PAGE]









Accentuate long legs in a pencil skirt, contrasting it with a textured top to create the illusion of a slimmer bottom half. Citrus accents liven up the neutral palette.

Skirt, £39.99, XS-L, Zara.  
Jumper, £45, 6-18 Next.  
Shoes, £170, 4-8, and clutch,  
£185, both LK Bennett



This loose shift dress is a winner for any shape. Wear with a metallic biker jacket and turn it into a year-round staple.

Dress, £225, 6-18, Jaeger ([jaeger.co.uk](http://jaeger.co.uk)). Jacket, £299, 8-18, Biba at House of Fraser. Ring, £50, Lola Rose ([lolarose.co.uk](http://lolarose.co.uk)). Necklace, £15, Wallis [CONTINUED OVER PAGE]







Update a floral  
print with  
clashing stripes.  
The unstructured  
silhouette of the  
top and trousers  
skims over curves.

Top, £95, 8-16,  
Sportmax Code at  
House of Fraser.  
Trousers, £89, XXS-L,  
Petit Bateau ([petit-bateau.co.uk](http://petit-bateau.co.uk)). Bag,  
£269, Orla Kiely at  
House of Fraser. Shoes,  
£89, 3-9, Boden ([boden.co.uk](http://boden.co.uk)). Necklace, £20,  
Dorothy Perkins



Create waist definition by belting an oversized shirt over skinny jeans. Mix and match prints and textures for a modern look.

Shirt, £49.99, 6-16, H&M.  
Jeans, £255, 24-29, J Brand  
at Trilogy ([trilogystores.co.uk](http://trilogystores.co.uk)).  
Bag, £130, Essentiel Antwerp  
([essentiel-antwerp.com](http://essentiel-antwerp.com)).  
Pumps, £135, 3-9, French Sole  
([frenchsole.com](http://frenchsole.com)). Scarf, £90,  
Karma Beach ([karmabeach.co.uk](http://karmabeach.co.uk)). Hat, £199, Heidi Klein  
([heidiklein.com](http://heidiklein.com)). Belt (just  
seen), £65, S-L, LK Bennett  
[CONTINUED OVER PAGE]



A tuxedo suit is a fashion-forward take on occasionwear and works well with a contrasting silk blouse. Enhance a petite frame with a high-neck ruffle top – otherwise, opt for a flattering v-neck.



Jacket, £295, and trousers, £145, both 8-18, Gant ([gant.co.uk](http://gant.co.uk)). Blouse, £149, 8-16, Baum und Pferdgarten ([baumundpferdgarten.dk](http://baumundpferdgarten.dk)). Shoes, £265, 3-7, Carlo Pazolini ([carlopazolini.com](http://carlopazolini.com))

HAIR: MANUEL LOSADA AT BAREFACE.  
MAKE-UP: MELANIE MEER AT BAREFACE





The fitted bodice and cutaway shoulders of this dress will flatter a slim top half. Wear with a trophy bomber jacket for a modern cover-up.

Dress, £150, 6-16, Coast (coast-stores.com). Jacket, £269, 6-16, and bag, £99, both Ted Baker (tedbaker.com). Necklace, £10, Claire's

The Good Housekeeping fashion team flew to Dubai with British Airways. For more information, please visit [ba.com](http://ba.com) or call 0844 493 0758.

The Good Housekeeping fashion team stayed at The Atlantis The Palm, Dubai. Rooms start from £174 a night (subject to a 10% service charge and 10% Dubai Municipality fee). For more information, prices and offers, please visit [atlantisthepalm.com/specialoffers](http://atlantisthepalm.com/specialoffers) 



# The **GH** BEST DRESS

## STYLE: SHIFTS

These simple shapes look great for work, weekend and evening



Navy suede, £499, 8-20, Jaeger ([jaeger.co.uk](http://jaeger.co.uk))



Stripe shift, £65, 8-20, Dickins & Jones at House of Fraser



Spots and stripes, £320, 6-14, Carolina Herrera ([carolinaherrera.com](http://carolinaherrera.com))



Yellow floral, £89, 8-18, Phase Eight ([phase-eight.com](http://phase-eight.com))



Multi stripe, £35, 8-22, M&Co ([mandco.com](http://mandco.com))



Spot dress, £115, 8-16, Toast ([toa.st](http://toa.st))



White ribbon detail, £250, 8-16, Nicole Farhi ([nicolefarhi.com](http://nicolefarhi.com))



Floral print, £75, 6-22, Per Una at Marks & Spencer



Beaded, £149, 8-18, Monsoon



Print shift, £85, 14-32, Evans



## LIST

Every woman needs a great dress in her wardrobe, and our edit will help you find the one that's right for you. Take inspiration from some of our favourite fashion bloggers, too!

FASHION JO ATKINSON



Yellow shift, £364, 14-28, Marina Rinaldi ([marinarinaldi.com](http://marinarinaldi.com))



Floral print, £149, 8-14, Jigsaw



ALYSON WEARS  
Shirt dress, £125, 8-16, Winser London ([winserlondon.com](http://winserlondon.com)).  
Jeans, £90, 24-34W, Levi's ([levi.com](http://levi.com)).  
Sandals, £75, 3-8, Jigsaw. Necklace, £12.50, Dorothy Perkins. Earrings, £95, Dower & Hall ([dowerandhall.com](http://dowerandhall.com)).  
Bracelets, from £75 each, Scarlett Jewellery ([scarlettjewellery.com](http://scarlettjewellery.com))

'For casual glamour, I like to mix everyday items with a bit of glitz'

A former fashion editor at Good Housekeeping, **Alyson Walsh**, 50, came up with the idea for her blog while lecturing in online journalism. **That's Not My Age** celebrates style over 40, and she's also written a book, *Style Forever*. 'It's for the FAB (fifty and beyond) generation,' says Alyson.

**Her dress style?** 'I like the simplicity of a shirt dress, and find navy much easier to wear than black. I'm wearing this one over a pair of flared Levi's for a bit of a Seventies spin, but it would look just as good with bare legs and a pair of white Birkenstocks'.





# STYLE: WITH SLEEVES

Hurrah for arm coverage in floral and palm prints, lace, denim and more



Pink panelled, £140, Gerry Weber at Gray & Osbourn ([grayandosbourn.co.uk](http://grayandosbourn.co.uk))



Silk print, £169, 8-14, Jigsaw



Digi print, £115, 8-16, Coast ([coast-stores.com](http://coast-stores.com))



Leaf print, £99, Phase Eight ([phase-eight.com](http://phase-eight.com))



Yellow lace, £110, 8-18, Lands End ([landsend.co.uk](http://landsend.co.uk))



Red check, £109, 6-16, Baum und Pferdgarten ([baumundpferdgarten.dk](http://baumundpferdgarten.dk))



Pink lace, £295, 6-18, LK Bennett



Shirt dress, £49, 8-20, J by Jasper Conran at Debenhams



Leaf print, £59, 6-22, Autograph at Marks & Spencer



Colour block, £219, 6-16, Marc Cain ([marc-cain.com](http://marc-cain.com))



Palm print, £22.99, 6-18, New Look



Graphic print, £60, 14-32, Evans



Yellow dress, £139, 8-18, Hobbs ([hobbs.co.uk](http://hobbs.co.uk))



Black broderie, £40, 6-18, Next



Floral dress, £45, 12-32, Simply Be ([simplybe.co.uk](http://simplybe.co.uk))





Denim, £69.95, 6-20, Joules (joules.com)



Pink, £295, 6-16, The Fold (thefoldlondon.com)



Floral jacquard, £55, 6-18, Oasis

JANE (LEFT) WEARS  
Printed shirt dress,  
£89, 6-22, Boden  
(boden.co.uk). Jeans,  
£44.95, 24-35W, Gap  
(gap.co.uk)

AMANDA (RIGHT)  
WEARS Dress, £135,  
6-16, Toast (toa.st).  
Necklace (just seen),  
£35, Jigsaw. Other  
jewellery, her own



'Dresses are my go-to item. If I could build my wardrobe again, I'd fill it with dresses,' says Amanda

While working as trend forecasters, **Jane Kellock**, 52, and **Amanda Carr**, 54, felt women of 40-plus were almost invisible on the fashion radar. Recognising blogs as a new way to communicate, they launched **The Women's Room**. 'Over the six years we've been blogging (every day!) we've seen a change. Just this year, we've seen the likes of Angelica Houston, Charlotte Rampling and Julia Roberts being used to front campaigns, but we've still got a long way to go,' says Amanda. **Their dress style?** 'As we get older, it's important to stay current. I wear lots of Toast dresses – there's always an interesting fabric or print, and the shapes work pretty much anywhere, from doing a bit of gardening to chairing a discussion with industry experts.'

Jane says, 'Develop your own style and be brave: you can wear that sequin skirt with Doc Martens! I love bright colours and retro prints, and this Boden dress is an injection of fun.'





# STYLE: FLARED

Flatter your figure in a versatile cut



Floral print, £485, 6-14, Carolina Herrera (carolinaherrera.com)



Layered tulle, £160, 8-16, Coast (coast-stores.com)



Vintage print, £149, 8-20, Kaliko (kaliko.co.uk)



Sundress, £39.99, 8-16, New Look



Embroidered, £179, 8-18, Phase Eight (phase-eight.com)



Pleated chiffon, £65, 8-16, Oasis (oasis-stores.com)



CATHERINE WEARS  
Dress, £325, 8-16, LK Bennett.  
Shoes, £175, 3-8, Russell & Bromley. Earrings, £12, Accessorize. Other jewellery, her own

'I treasure my vintage dresses. I love that they're unique and have a history to them'

The blog she started on her 39th birthday was supposed to be a one-year project, but **Not Dressed As Lamb** proved such a success that **Catherine Summers**, now 42, works on it full time. Describing her style as 'preppy with a twist', Catherine's love of colour, vintage and high street pieces is a testament to looking great without having to spend a fortune.

**Her dress style?** 'Forget about whether something is age appropriate, go for occasion appropriate instead. If you like it, it suits you and it's suitable for the occasion, wear it! I love this dress from LK Bennett – it's such a fabulous fit and style. If I could get married again I'd be wearing this,' says Catherine.



# STYLE: BELTED

Accentuate your waist with these nipped-in numbers



Stripe, £59, 8-20, Dickins & Jones at House of Fraser



Lace, £85, 8-18, Laura Ashley



Leaf print, £65, 10-16, Wallis



Denim, £65, 8-18, Banana Republic



Wrap, £59, 8-20, Betty Jackson at Debenhams



Floral, £99, 6-18, Precis Petite (precis.co.uk)



Turquoise wrap, £89, 8-20, Boden (boden.co.uk)



Contrast belt, £22, 8-22, BHS



Chain print, £60, 6-18, TM Lewin (tmlewin.co.uk)



Floral jersey, £135, 10-20, Peter Hahn (peterhahn.co.uk)



Floral print, £129, 8-20, Kaliko (kaliko.co.uk)



Shirt dress, £79, 6-22, Boden (boden.co.uk)

FEATURE: JO ATKINSON, PHOTOGRAPHY: NEIL COOPER, HAIR: PETROS MAIROUDHOU, MAKE-UP: CAROLINE PIASECKI



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AT CHECKOUT



# It's raining, it's pouring!

A chic trench is a wardrobe staple, but will it keep you dry in a downpour? Cue 12 raincoats, one wet room and a GHI tester prepared to get soaked to find the answer...

## Terrific trenches



**READ THE LABEL**  
Waterproof means it keeps water out completely. Showerproof coats are resistant only to light rain.



### GHI choice

BARBOUR CEDAR TRENCH £219  
**81/100**

- Double-breasted, lightweight and fully reversible
  - Waterproof (although there was a little leakage around the buttonholes)
  - Comes in dark pearl (pale beige), navy and pale sage
- Stockist: [barbour.com](http://barbour.com)  
Raindrop rating: ●●●●

### Budget buy

PRINCIPLES BY BEN DE LISI  
LIPSTICK RED TRENCH COAT, £60  
**68/100**

- Bright, comfortable and lightweight
  - Showerproof, not waterproof, and quite a bit of water went down our tester's neck
  - Our (5ft 2in) tester found it a little short
- Stockist: [debenhams.com](http://debenhams.com)  
Raindrop rating: ●●●

## Marvellous macs



### Winner

FATFACE HARROGATE  
HOODED MAC £68  
**94/100**

- Showerproof rather than waterproof, but kept our tester toasty and dry
  - Very light and we liked the drawstring hood and mid-thigh length
  - Comes in navy and natural camel
- Stockist: [fatface.com](http://fatface.com)  
Raindrop rating: ●●●●●

### Best for casual days

JOULES S-RAINA  
£129.00  
**91/100**

- Sturdy, waterproof mac kept rain out effectively
  - Covered zip and adjustable hood made it cosy
- Stockist: [joules.com](http://joules.com)  
Raindrop rating: ●●●●●

### Money no object

BURBERRY THE  
WESTMINSTER LONG  
HERITAGE  
TRENCH COAT £1,195  
**89/100**

- Expensive, but ticks all the boxes
  - Waterproof (although our tester's shoulder did get damp)
  - Stylish and luxurious
  - High neck and collar clasp stops much of the rain trickling down your neck
  - Comes in honey, stone and black and a shorter, mid-length style
- Stockist: [uk.burberry.com](http://uk.burberry.com)  
Raindrop rating: ●●●●●



### WHAT'S THE DIFFERENCE?

The original mac was named after Charles Macintosh, who invented a way of cementing two pieces of fabric together using rubber to make them waterproof. The trench coat was originally designed as an all-weather cover-up for soldiers fighting in the trenches during the First World War. Unlike the rubber-layered mac, the trench was chemically treated to repel rain.

### HOW WE TEST

We tested five trench coats and seven macs. Each was worn under a shower in timed bursts in the GHI wet room. We then assessed each coat and awarded a raindrop rating out of five based on how dry our tester, Janet, remained!

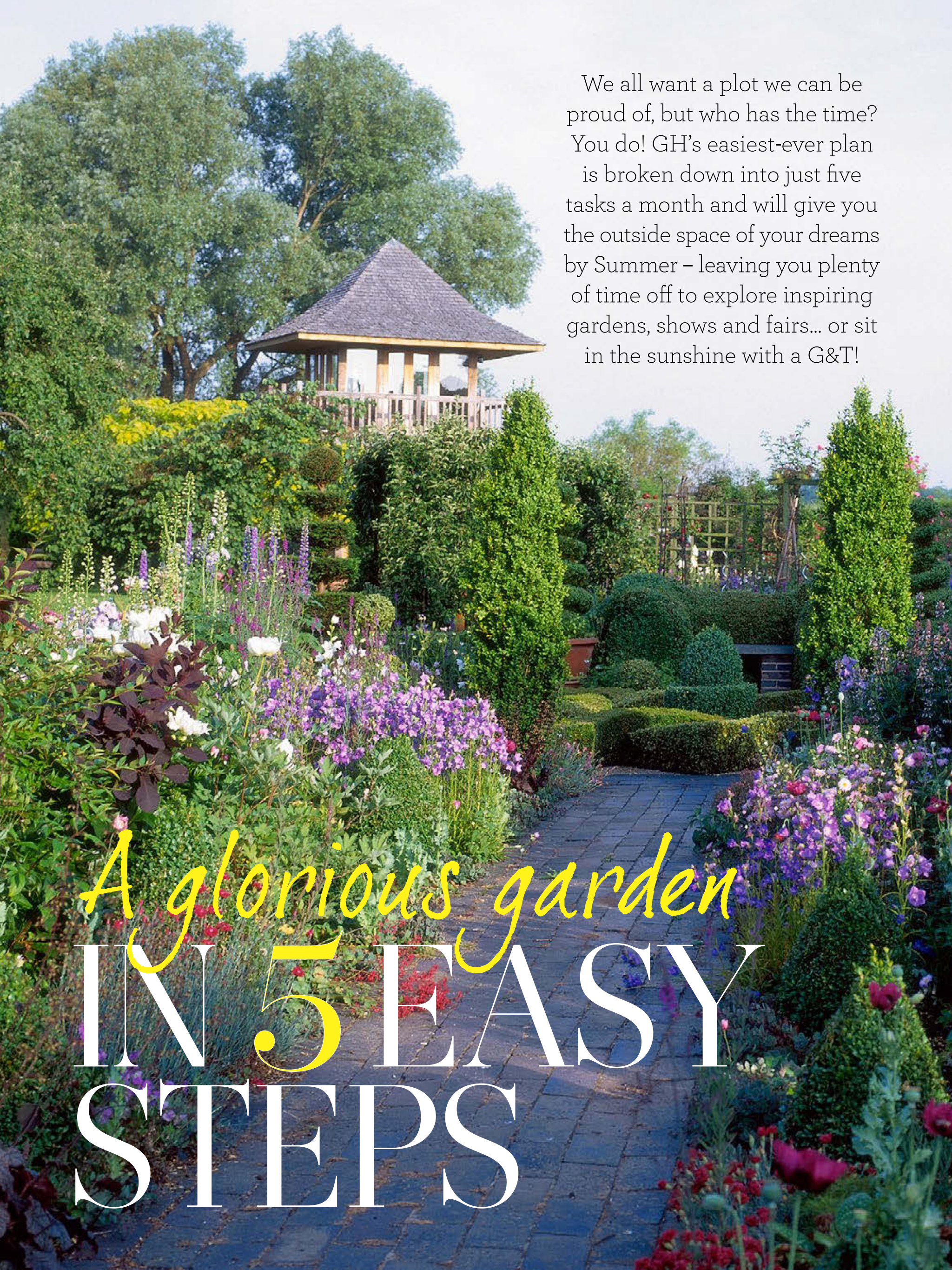


### We also tested:

**Trenches:** Principles by Ben de Lisi Pink Trench (67/100), Marks & Spencer Pebble Trench Coat (52/100)  
**Macs:** Seasalt Longitude Jacket (74/100), Principles by Ben de Lisi Dolly Mac (73/100), Barbour Hodder Jacket (51/100), White Stuff Little Venice Mac (34/100), Principles by Ben de Lisi Carousel Printed Mac (32/100) □

★ For hundreds more product reviews, visit [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute)

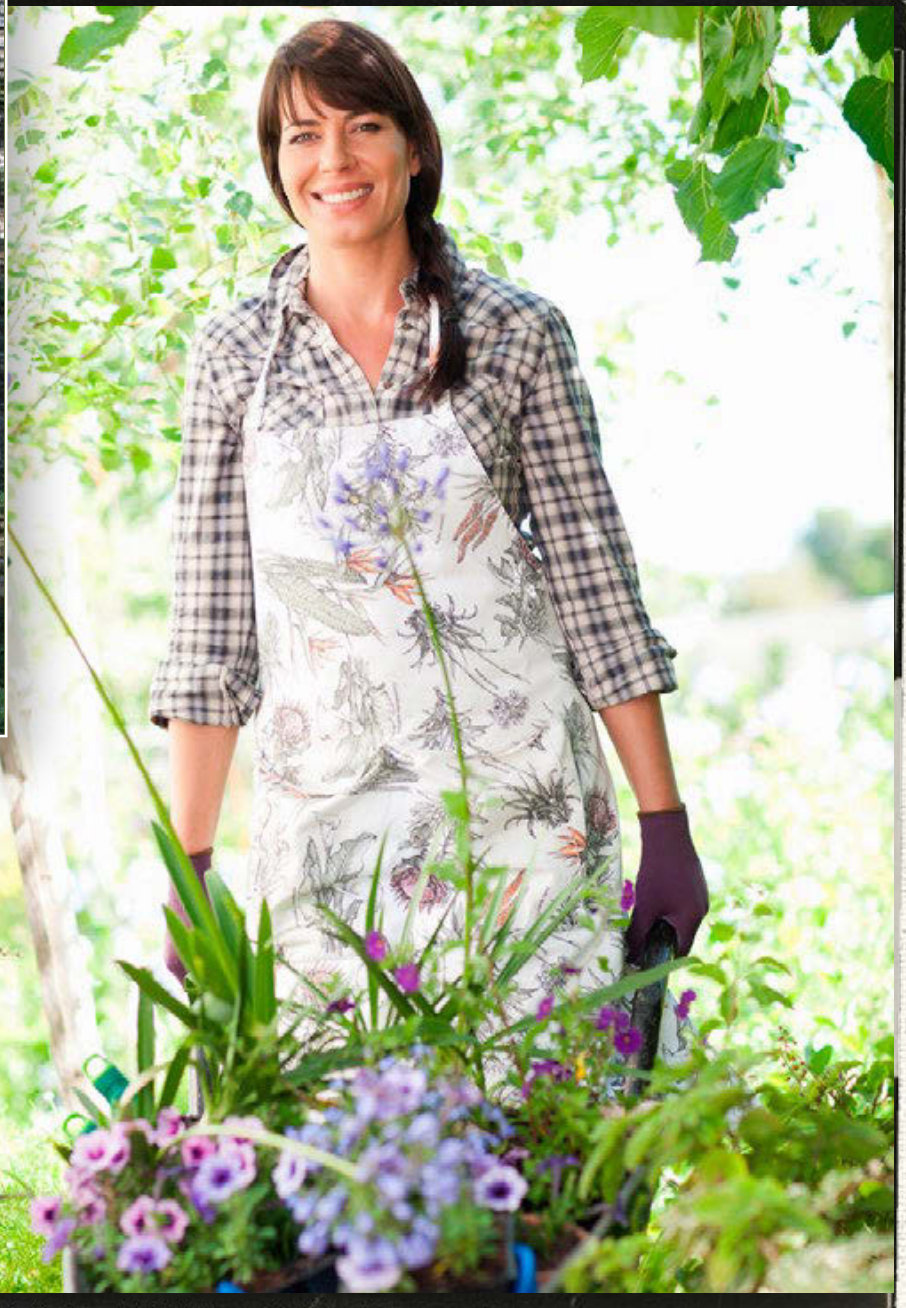


A photograph of a beautiful garden. In the foreground, a stone path leads through various flowers, including purple delphiniums and white roses. To the left, there are dark-leaved plants. In the background, a wooden gazebo with a shingled roof sits on a raised platform of greenery. Large trees are visible behind the gazebo. The sky is clear and blue.

We all want a plot we can be proud of, but who has the time? You do! GH's easiest-ever plan is broken down into just five tasks a month and will give you the outside space of your dreams by Summer – leaving you plenty of time off to explore inspiring gardens, shows and fairs... or sit in the sunshine with a G&T!

*A glorious garden*  
**IN 5 EASY**  
**STEPS**



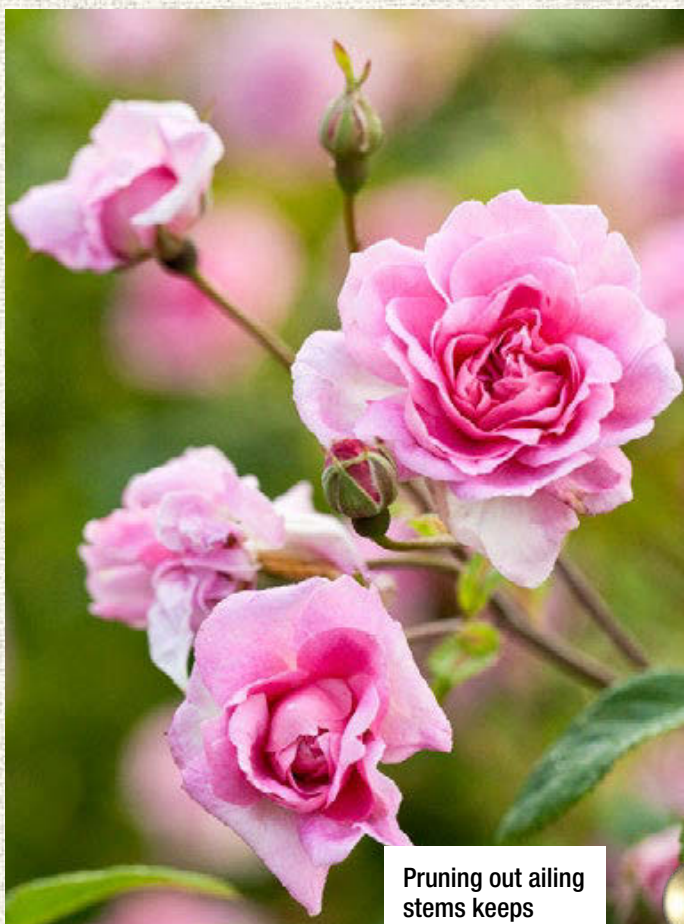


Wall-to-wall colour, delightful places to sit, the satisfaction of a job well done and plants in thriving health can all be yours by following our five-step plan for the main gardening months





# MARCH *to do*



Pruning out ailing stems keeps roses in the pink

**1** This is your last chance to prune your roses before their growth season starts. Cut out spindly or crossing stems, along with anything dead, damaged or diseased. Aim for a balanced, open shape.

**2** Cut back Summer-flowering shrubs like buddlejias, along with plants you grow for colourful Winter stems, like dogwoods (Cornus) and willows.

**3** Take control of bamboo so it doesn't get out of hand. Pull out any that has strayed beyond its allotted space, and thin out new growth so you get fewer but fatter canes. Then strip the leaves from the bottom third of the canes to achieve a graceful, open effect.

**4** Lay a good thick coat of mulch (at least 5cm) on your borders – it will save hours of weeding and watering later on.

**5** Get your stakes in now while plants are still tiny. Staking a mature plant never looks quite right.



Orchids do best in bright but filtered light, out of direct sun



Tie up new shoots of clematis as soon as you can

## TAKE SOME TIME OFF...

- ★ 14-15 March: RHS Spring Flower Show, Rosemoor, Devon
- ★ 21-22 March: National Trust's Daffodil Weekend at Cotehele, Cornwall
- ★ 28-29 March: Spring Plant Fair at Great Dixter, East Sussex

## PLANT OF THE MONTH ORCHID

*In flower for months at a time, the orchid makes a superb-value houseplant. Enjoy these spectacular plants in full flower at Kew's Orchid Festival until 8 March, or at the Cambridge University Botanic Garden until 22 March.*



# APRIL *to do*

**1** Tackle perennial weeds early. Young growth of bullies like nettles is relatively easy to pull up. Ground elder and dandelions are harder to dig out, so you may prefer a spot weedkiller like Round-up Gel. If you've mulched well, annual weeds shouldn't be a problem.

**2** Get your lawn into shape. A four-in-one treatment will feed, kill moss and weeds, and build up resistance to moss and drought. For a bowling-green look, you'll also need to rake out the thatch, aerate and top-dress it.

Armchair gardeners may feel that an imperfect lawn studded with buttercups and daisies is nicer...

**3** Feed shrubs and hedges with a handful of blood, fish and bone, especially after a hacking.

**4** Snap off the heads and seedpods of faded daffodils to encourage a strong bulb for next year.

**5** Sow seeds of herbs and salads. Or buy a GroBox (£6.99), a biodegradable cardboard box that's already sown with four varieties of herbs or salads, to drop into a container or raised bed.



Dandelions – use a spot weedkiller on the tough ones

# MAY *to do*

**1** Get to grips with pond plants. Lift out baskets and thin out or divide any plants outgrowing their space. Top up with ordinary garden soil (just as good as expensive aquatic compost) and finish with a layer of coarse gravel to keep the fish off.

**2** Mat-forming plants, like alyssum and aubretia, need a firm tidy-up after flowering so they don't get straggly.

**3** Reduce late-flowering perennials like echinacea, sedum and phlox by a third. The 'Chelsea chop' (timed to coincide with the flower show) means more flowers on shorter plants and fewer in need of staking.

**4** Tie in new growth on climbing roses while it is still flexible, and on clematis before it gets in a tangle.

**5** Harden off your plug plants, or plants you have raised from seed, by leaving them outside for a little longer each day, building up from a few hours around noon to overnight.

## PLANT OF THE MONTH Hardy geranium

### GERANIUM WALLICHIANUM

*Blue-flowered Geranium 'Rozanne' was voted plant of the century in 2013, but now there's a gorgeous pink version in 'Sylvia's Surprise'. Hardy geraniums are the ultimate plants for armchair gardeners – easy and obliging, with varieties that will flower all Summer long. To find the very best varieties on offer, try the Hardy Geranium Weekend at Kilver Court in Somerset, 30 -31 May.*

'Sylvia's Surprise' will flower for months



Above: It's easy to grow salads. Below: Enjoy April blossom



### TAKE SOME TIME OFF...

- ★ 10-11 April: Shade in the garden can be an asset. Learn the secret at Harvey's Plants Woodland and Shade days in Suffolk
- ★ 12 April: Spring Plant Fair, Arley Hall, Cheshire
- ★ 17-19 April: RHS Flower Show, Cardiff
- ★ 23 April to 5 May: Tulip Festival at uber-romantic Pashley Manor Gardens, East Sussex

## PLANT OF THE MONTH FLOWERING CHERRY

*April is the month of blossom. Enjoy spectacular displays of cherry blossom at Kew Gardens, at Batsford Arboretum in Gloucestershire and the Alnwick Garden in Northumberland. And nowhere does Spring come in more ravishingly than at Abbotsbury sub-tropical garden in Dorset, with its fabulous camellias and magnolias.*

### TAKE SOME TIME OFF...

- ★ 7-10 May: RHS Malvern Spring Festival
- ★ 19-23 May: RHS Chelsea Flower Show
- ★ 16 May to 7 June: Chelsea Fringe
- ★ 29-31 May: Holker Garden Festival, Cumbria
- ★ 29-31 May: Gardening Scotland, Edinburgh



# JUNE *to do*



Violas make a cheerful display and need little attention

**1** Plant up Summer pots and hanging baskets, using peat-free compost and adding slow-release fertiliser granules and water-retaining gel.

**2** Cut back early-flowering shrubs such as lilac, philadelphus and ceanothus once the flowers have faded.

**3** Find a space for a few vegetable plants. Just two or three plants each of courgettes

and runner beans will keep the family going till Autumn.

**4** Dig up any bulbs that failed to flower and replant. More sunlight or more space may help.

**5** Conduct regular pest patrols, looking out for lily beetles, aphids, slugs and snails. A morning tour of the garden, coffee in hand, or an evening one, with a glass of wine, will prove more pleasure than chore...

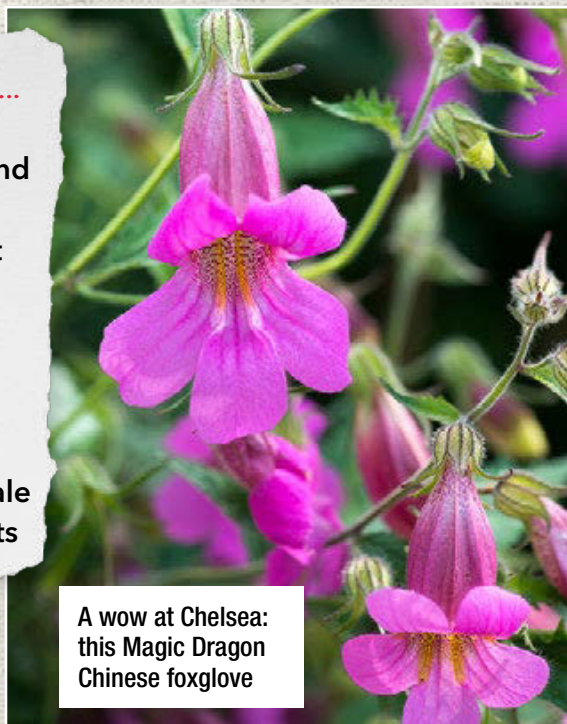
## PLANT OF THE MONTH CHINESE FOXGLOVE

**REHMANNIA WALBERTON'S MAGIC DRAGON**

*Launched last year, this stupendous new variety of Chinese foxglove will be available in garden centres this month. With its enormous pink flowers, 6cm wide, lasting from May to November, you'll find it's this Summer's must-have plant.*

### TAKE SOME TIME OFF...

- ★ 5-6 June: National Gardens Scheme weekend
- ★ 11-14 June: BBC Gardeners' World Live at the NEC in Birmingham
- ★ 13-14 June: London's Open Garden Squares Weekend
- ★ 28 June: Waterperry Gardens, near Oxford: sale of rare and unusual plants



A wow at Chelsea: this Magic Dragon Chinese foxglove

# JULY *to do*

**1** Feed bedding plants once a week with high-potash tomato feed, and dead-head regularly to keep the flowers coming.

**2** Cut out spent flowerheads and tatty leaves on geraniums, delphiniums and lupins, give them a good feed, and you'll get a second flush.

**3** Clear blanket weed from ponds and water features, topping them up if necessary. A spray nozzle on the hose will introduce more oxygen into the water.

**4** Head off disease and aid ripening in tomatoes by giving them light and air, stripping out the leaves from under the first truss, removing yellowing leaves, and pinching out the side shoots on single-stemmed varieties.

**5** Have a thorough weed. If you haven't time, at least snap off the flowers, so nuisance plants don't get the chance to spread their seed.



Ensure tomatoes have enough light and air to ripen properly

### TAKE SOME TIME OFF...

- ★ 30 June-5 July: RHS Hampton Court Palace Flower Show
- ★ 1 July: Learn about herbs from a medical herbalist at National Trust East Riddlesden Hall, West Yorkshire
- ★ 22-26 July: RHS Tatton Park Flower Show, near Knutsford, Cheshire



Choose 'Olivia Rose Austin' when space is tight

## PLANT OF THE MONTH ROSE

**ROSA 'OLIVIA ROSE AUSTIN'**

*Rose supremo David Austin has a feeling this new rose, introduced at Chelsea in 2014 and named after his granddaughter, is the best he has bred to date – a soft, pure pink that has a rich, fruity fragrance and is robustly resistant to disease. Only 90cm high, it makes a charming, neat border rose.*



# AUGUST

## to do

**1** Check roses for black spot, picking off and burning affected leaves.

**2** Cut back areas of long grass and wild flowers, choosing a dry day and letting the grass lie for a day or two, so the seeds have time to drop.

**3** If tubs or baskets are looking a bit weary, give them a good feed and give straggly plants a trim, to encourage more sprightly new growth.

**4** Prolonged dryness may cause powdery mildew – like a sprinkling of dirty talc on acanthus, phlox, honeysuckle and roses. You can spray with a fungicide, while the best organic control is to keep plants moist and well mulched, and snip out affected shoots.

**5** Trim English lavender towards the end of the month. (You can dry the last few flowers.) Cut back to a neat gin ball.



Plants in containers need a feed and a trim this month



Above: cut back English lavender. Below: spray against mildew



This compact aeonium is ideal for a rockery or pots



## PLANT OF THE MONTH

### Tree houseleek AEONIUM 'DU ROZZEN'

*This is when succulents come into their own – showy but brilliantly low-maintenance plants that are ideal for containers and front gardens. None is more handsome than this new aeonium from Trewidden Nursery in Cornwall which, unlike many, keeps its rich dark colour through the Winter. The nursery is not open to the public, but the garden that adjoins it is one of Cornwall's hidden gems.*

## TAKE SOME TIME OFF...

- ★ 2 August: 17th-century formal gardens at Castle Bromwich Hall near Birmingham are being restored. Shop for special plants, or lose yourself in the holly maze.
- ★ 20-23 August: Southport Flower Show, this year with a Chinese theme.



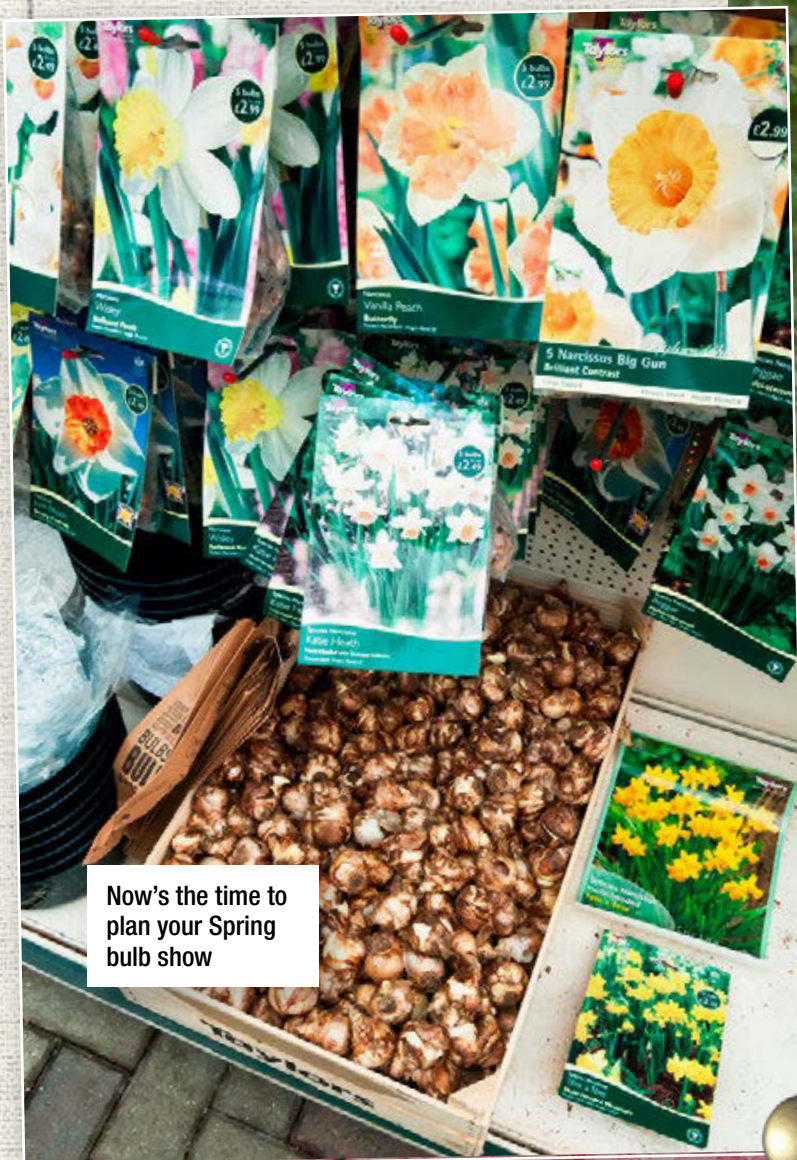


# SEPTEMBER *to do*

- 1 Order bulbs for planting next month – the ideal job for armchair gardeners.
- 2 Put a net over your pond – it's less bother than hoicking out mountains of rotting leaves.
- 3 Zap really pernicious weeds. Use glyphosate (for example, Round-up), as it doesn't linger in the soil, and be sure to protect treasured plants.
- 4 Reseed or returf worn patches of lawn, and give it an Autumn feed.
- 5 Give evergreen hedges a last trim before Winter.



Careful handling is the key to storing fruit successfully



Now's the time to plan your Spring bulb show

## TAKE SOME TIME OFF...

- ★ 11-13 September: A brand new event, the London Flower Show, in East London's Victoria Park
- ★ 18-20 September: Harrogate Autumn Flower Show, Yorkshire
- ★ 20 September: Rare Plant Fair at Llanover House, Abergavenny



Hydrangea 'Miss Saori' will give you months of bloom

## PLANT OF THE MONTH Hydrangea

### HYDRANGEA MACROPHYLLA 'MISS SAORI'

*This hard-working new double-flowered hydrangea will have been flowering its socks off for three months now but in September it produces a new party trick, as the handsome foliage starts to turn wine red. Voted RHS Plant of the Year in 2014 – and no wonder!*







## ENHANCING STUNNING PERIOD FEATURES



If you have a character property with original features that you want to make the most of, then trust Sharps to work with you to create your dream room. We'll help you choose beautiful, bespoke fitted wardrobes, in a style such as Sonata, to give you the perfect period look. We tailor our innovative storage solutions to your exact needs, giving you a personalised place for everything.



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# OCTOBER

*to do*

- 1 Plant some bulbs – a single afternoon of labour will give you weeks of joy in the Spring.
- 2 Sow sweet peas by the second week of October – they will be sturdier and more floriferous than Spring-sown ones.
- 3 It's an ideal time for moving and planting trees, shrubs and climbers, as well as for hedge planting.
- 4 Layer Winter containers with early Spring bulbs like crocuses, scillas and dwarf narcissi. The old favourites are the best – bright and cheerful winter pansies, or elegant combos of cyclamen with ivy and ferns.
- 5 Oil wooden garden furniture before putting it away for the Winter – it will help prolong its life.



Garden furniture will benefit from a little attention

## PLANT OF THE MONTH

### FIRETHORN

#### PYRACANTHA

*Sturdy, evergreen, wildlife-friendly and burglar-proof, covered in white blossom in Spring, and laden with berries in Autumn, pyracanthas are just such good value. New this year is Pyracantha 'Golden Paradise', offering orange berries set off by bright golden foliage, that appears with a pretty red flush.*



Useful all year round, pyracantha shines in Autumn

#### TAKE SOME TIME OFF...

- ★ 15 and 21 October: Learn how to prune climbing and rambling roses correctly at RHS Garden Hyde Hall in Essex. Booking essential.
- ★ 21 October: Apple Day. Apple-themed events.
- ★ Throughout October enjoy Autumn colour at Thorp Perrow Arboretum in North Yorkshire. □



## GARDENING GLOVES

Where to find the pair that will protect your green fingers?  
The GHI tested 13 to point you in the right direction



### WINNER

*Kew Gardens Garden Gloves*

£9.49 | [johnlewis.com](http://johnlewis.com)

★ Great fit ★ Bargain buy ★ Comfortable and do not restrict movement ★ Good protection over the knuckles, nails and palms of the hand ★ Hand wash only but come with detailed instructions on how to care for them.

91/100



### RUNNER UP

*Briers Historic Palaces Gauntlet Glove*

£14.99 | [internetgardener.co.uk](http://internetgardener.co.uk)

★ Provide protection a long way up the forearms ★ Waterproof ★ Comfortable, with leather palms and reinforced fingertip protection ★ Hand wash only but easy to wipe down and keep clean.

87/100

## TROWELS

We're digging these little beauties, the best of 10 we tested



### WINNER

*Fiskars Premium Planter trowel*

£12.99 | [Homebase.co.uk](http://Homebase.co.uk)

★ Hanging hole for easy storage ★ Lightweight and comfortable to use ★ Plastic cover protects your knuckles from the top of the blade ★ Sharp end cuts through hard and soft soil with very little pressure ★ Small (320mm)

91/100



### BARGAIN BUY

*Spear & Jackson Select Stainless Steel trowel*

£7.99 | [garden4less.co.uk](http://garden4less.co.uk)

★ Ergonomic for increased comfort ★ Long handle to prevent you knocking your knuckles against the top of the blade ★ Very wide spade head can transport a large amount of soil

80/100

FIND MORE TESTS AT [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute)



# Country kitchen

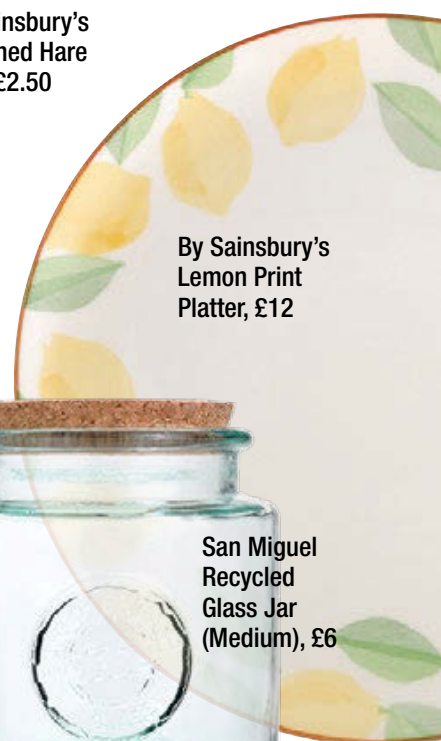
The kitchen is the heart of every home, and it's time to give yours some love. With these affordable pieces, you can recreate the charm of your local farmers' market



Cook's  
Collection  
Copper  
Kettle,  
£30



By Sainsbury's  
Sketched Hare  
Mug, £2.50



By Sainsbury's  
Lemon Print  
Platter, £12



San Miguel  
Recycled  
Glass Jar  
(Medium), £6

**T**hrow open the windows, let in the Spring sunshine and freshen up the most important room in your home. Why not head to Sainsbury's, where you'll find plenty of inspiration for a seasonal update? The new Country Fair range from Sainsbury's will give your kitchen the authentic character

of a local farmers' market, mixing garden and countryside motifs with modern, bold style. You don't need to spend a fortune for a new kitchen look, either – this is high-street style at supermarket prices. Copper pans for home-made preserves, terracotta earthenware ready for warming soups and stews, and wooden boards and decorative ceramics for using every day – this

hand-crafted look helps to create a homely, rustic feel. With just a few affordable, high-quality pieces, from glass jars to stitched textiles or a new favourite mug, you can treat yourself to a fresh-looking kitchen. At Sainsbury's you know you can live well for less and bring warmth to the heart of your home.

● For more inspiration, please visit [sainsburyshome.co.uk](http://sainsburyshome.co.uk)

**Sainsbury's**



# TO BOLDLY GO...

Longing for drama and sophistication in your surroundings? Be inspired by the brave transformation of this stunning family home

PHOTOGRAPHY IRVINE MACDOUGALL



## MIXING IT UP

*The decor is a fusion of modern drama and vintage glamour, with quirky touches. 'I like to take risks!' says Kate. Steely blues and greys on the walls are a great backdrop for her finds.*

## Home truths



### WHO LIVES HERE?

Interior designer Kate Thornton and her husband, Dominic, their two teenage sons, Charlie and Henry, and Chester the goldendoodle – that's a cross between a golden retriever and a poodle.

### WHERE IS IT?

This four-bedroom, end-of-terrace Victorian house is in south west London. With oodles of original features and a small green nearby, it's ideal for the family.



Starburst mirror, £225, Laura Ashley (lauraashley.com)



Livingstone tiles, £6.95 each, Original Style (originalstyle.com)





## GOING UNDERGROUND

The basement has been turned into a spacious TV room. The white storage unit and ceiling reflect light, and two walls have been painted in Farrow & Ball's Downpipe to help the space feel cosy. A pair of worn leather armchairs (bottom right) sit on a cow hide that Kate bought from a farm in the Isle of Wight.



Oscar three-seater leather sofa, £2,530, Sofa.com

## NAME IN LIGHTS

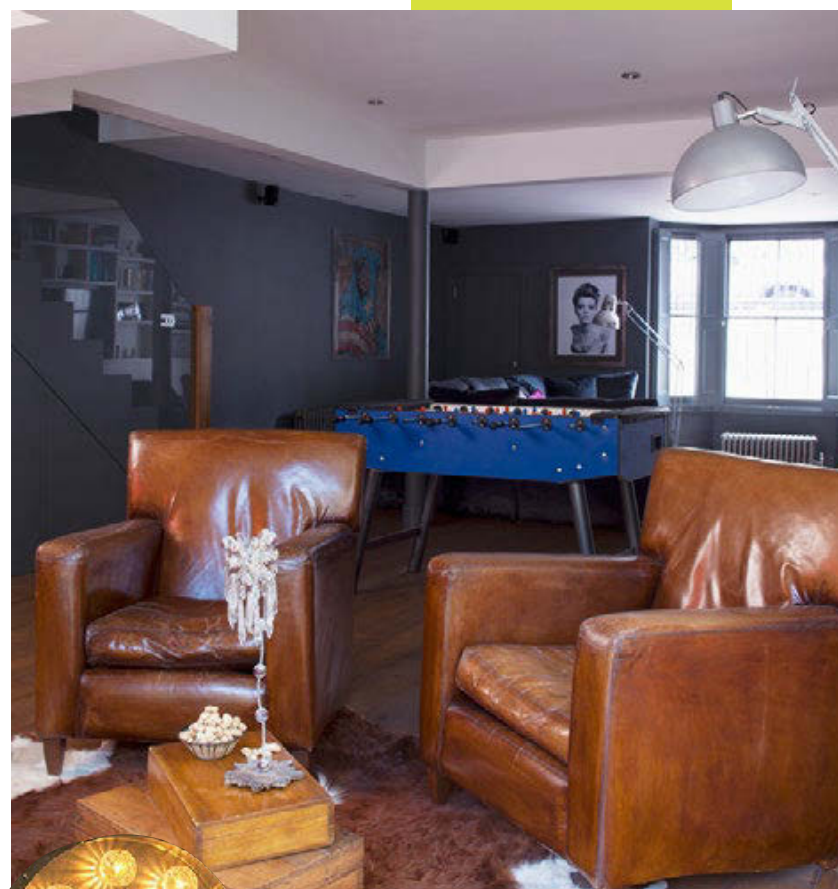
*Aloha circus lights illuminate a dark corner next to a French sorting desk.*



## KITCHEN MAGIC

'Daylight pours into the back of the house, so that's where I wanted my kitchen,' says Kate. The cupboard units are by Daulby & Tickle, with a grey glass splashback from Colourtech, and a matt silestone worktop and pendant lights by Gubi. Traditional floor tiles from Spain add pattern.

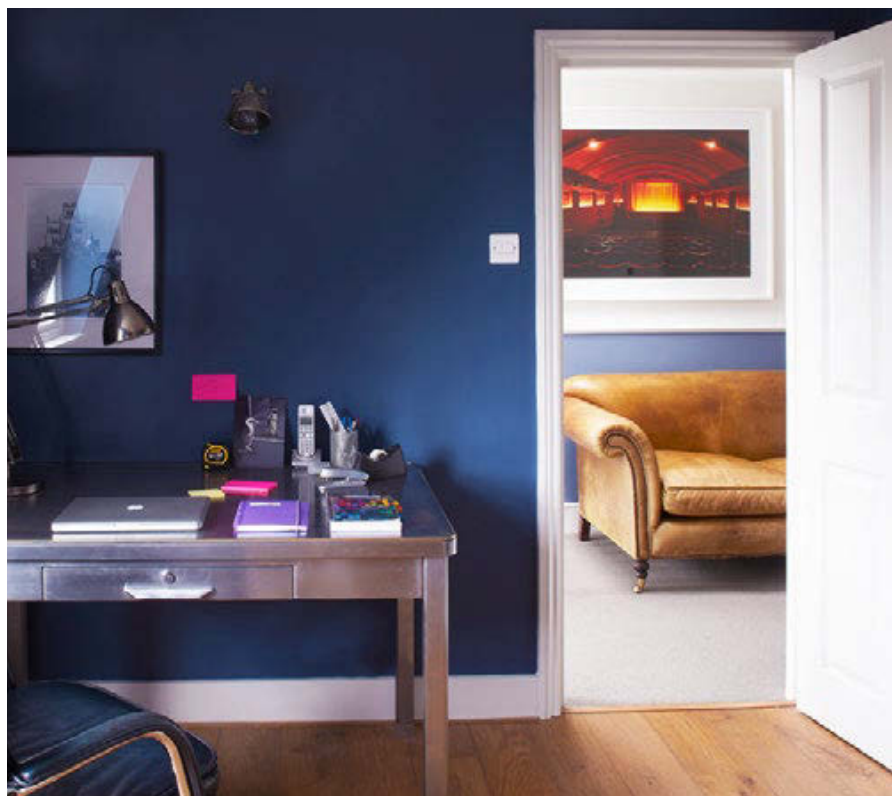
Marqu e light-up letters, from £225 each, Goodwin & Goodwin (goodwinandgoodwin.com)





## MY SPACE

*'After completing an interior design course, I was brimming with ideas,' says Kate. She now co-runs her interiors business from a reconditioned vintage steel desk.*



## Shop the look

Mix cool industrial and cosy accessories

Canadian Lake Sunset by Amanda Hunt, £59.88 (framed), Easy Art (easyart.com)



Giant 1227 Tranquil floor lamp, from £2,400, Anglepoise (anglepoise.com)

Compose nest of coffee tables, £449, Dwell (dwell.co.uk)

Lola gold leaf mirror, £150, Alexander & Pearl (alexanderandpearl.co.uk)



FEATURE AND STYLING: VICTORIA TUNSTALL SHOP THE LOOK COMPILED BY: GRACE ALLEN. CONTACT KATE AT MAGENTAPINKINTERIORS.CO.UK





## BANANAS IN THE BATHROOM

*The slick en suite bathroom features wall-mounted vanity units, a Royce Morgan Bolton freestanding bath, and ceramic bananas from Jonathan Adler.*



Jo Malone Lime Basil & Mandarin candle, £40, John Lewis

## LET THE LIGHT IN

A two-storey glass extension connects the ground and lower ground floors. The original oak parquet floor was pulled up and mixed with new oak blocks so that the flooring could stretch into the extension. As builders began work, the family camped upstairs. 'We went through an entire Winter with only a tarpaulin covering the back of the house,' says Kate. 'I remember seeing snow on the beams – it surprised me how resilient we were to it.'



## SET THE SCENE

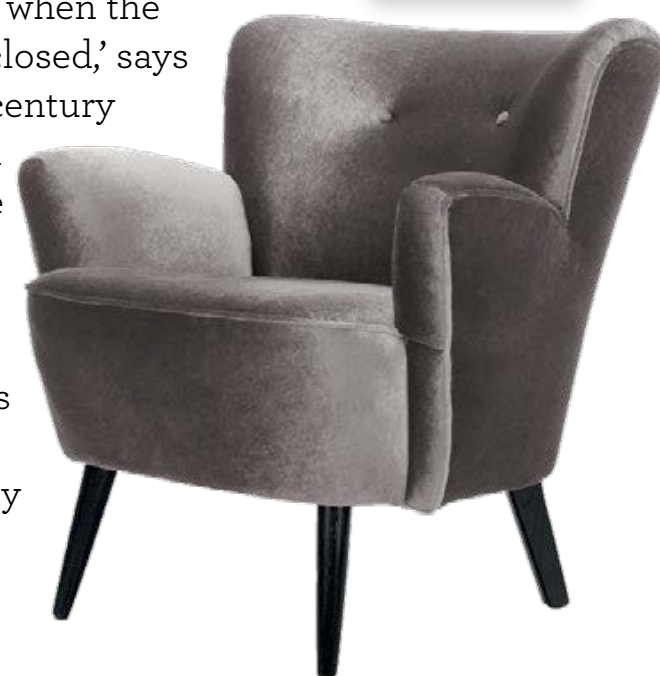
The bedroom is Kate's favourite room. She chose a moody shade, Blue Blood, by Paint & Paper Library, for the walls and covered the Sofa.com headboard and matching ottoman in Elephant Grey matt velvet. 'The colour is rich and cosy, especially at night-time when the shutters are closed,' says Kate. A mid-century brushed steel dressing table is home to a cut-glass lamp and silver brushes and combs that are family heirlooms. □



Velvet cushion, £30, Made.com



Lotus armchair, £289, Made.com





# Window DRESSING

CURTAINS,  
BLINDS,  
SHUTTERS?

It's the season to  
fling them open,  
so make them  
look their best

Curtains made up  
in Agnes fabric in  
Indigo, £80 a metre,  
Rapture & Wright  
([raptureandwright.co.uk](http://raptureandwright.co.uk))





Painted shutters, from £290 a sq metre (standard colours), and custom finishes (as above), from £320 a sq metre, Shutterly Fabulous ([shutterlyfabulous.com](http://shutterlyfabulous.com))



Large ceramic vase, £32, tea light holders, £6 each, small vase, £20, grey glass vase, £25, and pink glass vase, £14, all Betty Jackson Black at Debenhams



Blind made up in The Dresser, £52 a metre, and curtain in Polka Dot, £37 a metre, both Emma Bridgewater at Sanderson ([sanderson-uk.com](http://sanderson-uk.com))



Curtains made up in Saraille Noir double-width 100% linen, £144 a metre, Designers Guild ([designersguild.com](http://designersguild.com))

Treatments for windows can be as diverse as your imagination. A mix of blinds and curtains adorning large windows creates a stunning focal point. And the headings you choose can be varied, too: try a traditional gathered pleat, or tie-top headings as a pretty alternative. Or you can dress your windows down for a minimal, contemporary look. Roman and Swedish blinds are both excellent choices for small windows, and shutters work for windows of any size. For privacy, look out for films – or voiles, which also make good room dividers.



Create instant privacy by applying window film to bottom sash windows. Frostbrite film, The Window Film Company, from £30 ([windowfilm.co.uk](http://windowfilm.co.uk))



Swedish blinds in Scandi Stripe, Cool Scand-56, £55 a metre, Scandinavian Woven Collection, Vanessa Arbuthnott ([vanessaarbuthnott.co.uk](http://vanessaarbuthnott.co.uk))



Drapes made up in Array, £72 a metre, Structures Collection, Clarke & Clarke ([clarke-clarke.com](http://clarke-clarke.com))



Blind in Solo Berry, £28 a metre, and curtain in Groove Citrus, £34 a metre, both Atmosphere Collection, Clarke & Clarke ([clarke-clarke.com](http://clarke-clarke.com))





What you smell

What your  
guests smell



# Have you gone noseblind?

Febreze truly eliminates odours and leaves a light, fresh scent.



Breathe Happy





Curtains made up in Cordelia in Onyx, £135 a metre, sofa covered in Appledore in Old Blue, £79 a metre, both Colefax and Fowler (colefax.com)



Classic Poplar Wood Shutters with ombre effect in Dulux Night Jewels 2-6 Custom Colour, from £177 a sq metre, California Shutters (californiashutters.co.uk)



Blind and cushion made up in Gardinum, £72 a metre, chair covered in Parquet, £47 a metre, all from the Poetica Collection, Harlequin (harlequin.uk.com)



For similar translucent muslin fabric, try Cali, £37 a metre, Designers Guild (designersguild.com)



Curtains and cushion covers all in Salad Days, £47 a metre, Vintage Prints II Collection, Sanderson (sanderson-uk.com)



Interior windows help the light flood in. For similar, try Clement Windows (clementwindows.co.uk)



For similar curtain fabric, try Wool Herringbone in Spruce, £35 a metre, John Lewis



Curtains in Bewick Birds, £84 a metre, Lewis & Wood (lewisandwood.co.uk), and stripe, from a selection, Ian Mankin (ianmankin.co.uk)



Blind made up in Treasure Map, £34 a metre, Abracazoo Collection, Little Sanderson at Sanderson (sanderson-uk.com)



# Good Housekeeping<sup>★</sup>

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LOVINGLY CRAFTED  
by Ben Twiston-Davies, sculptor.



# GOOD★FOOD

29 pages of recipes & advice

One  
sentence  
recipe

## Mini Simnel Cakes

Beat together 100g (3½oz) softened butter, 100g (3½oz) soft light brown sugar, 2 medium eggs, 100g (3½oz) plain flour and 1tsp mixed spice, stir in 275g (10oz) mixed dried fruit and 40g (1½oz) mixed peel and divide among five clean, lined 150g tins, then bake at 150°C (130°C fan) mark 2 for 1hr; top each with a marzipan circle and 11 torched marzipan balls, sticking them on with apricot jam.

**GH TIP** Make a rimless cake mould by removing the lid of a 150g baked bean tin with an opener.

PHOTOGRAPHY: GARETH MORGANS. RECIPE: ELIZABETH HUTCHINSON. FOOD STYLING: SUZANNAH BUTCHER AND ELIZABETH HUTCHINSON. PROP STYLING: JENNY IGGLEDEN

## EASTER PARADE

A long weekend of classic dishes and inventive treats to start the season off with a hop



## Chocolate grows up

Divine, decadent and utterly indulgent desserts



## Tried & Tested Spring special

Chocolate eggs, cakes and hot cross buns



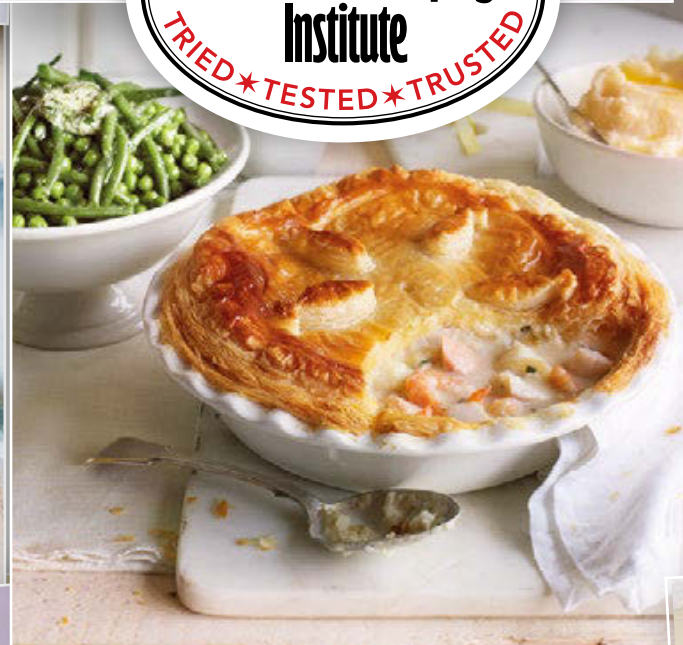


# Get Your Easter weekend sorted!

Gather your friends and family around for a Bank Holiday in **foodie heaven**. From our relaxed **Good Friday menu** to our impressive **Sunday feast** and **Easter Monday brunch**, GH has the entire weekend covered with **four days of Triple Tested, failsafe recipes...**

PHOTOGRAPHY **KATE WHITAKER**







# Your Good Friday family get together



## START WITH...

### Gnocchi with Pea and Watercress Pesto

*Make the pesto up to a day in advance, then chill or freeze until ready to use.*

Hands-on time **15min**. Cooking time **about 5min**. Serves **6**

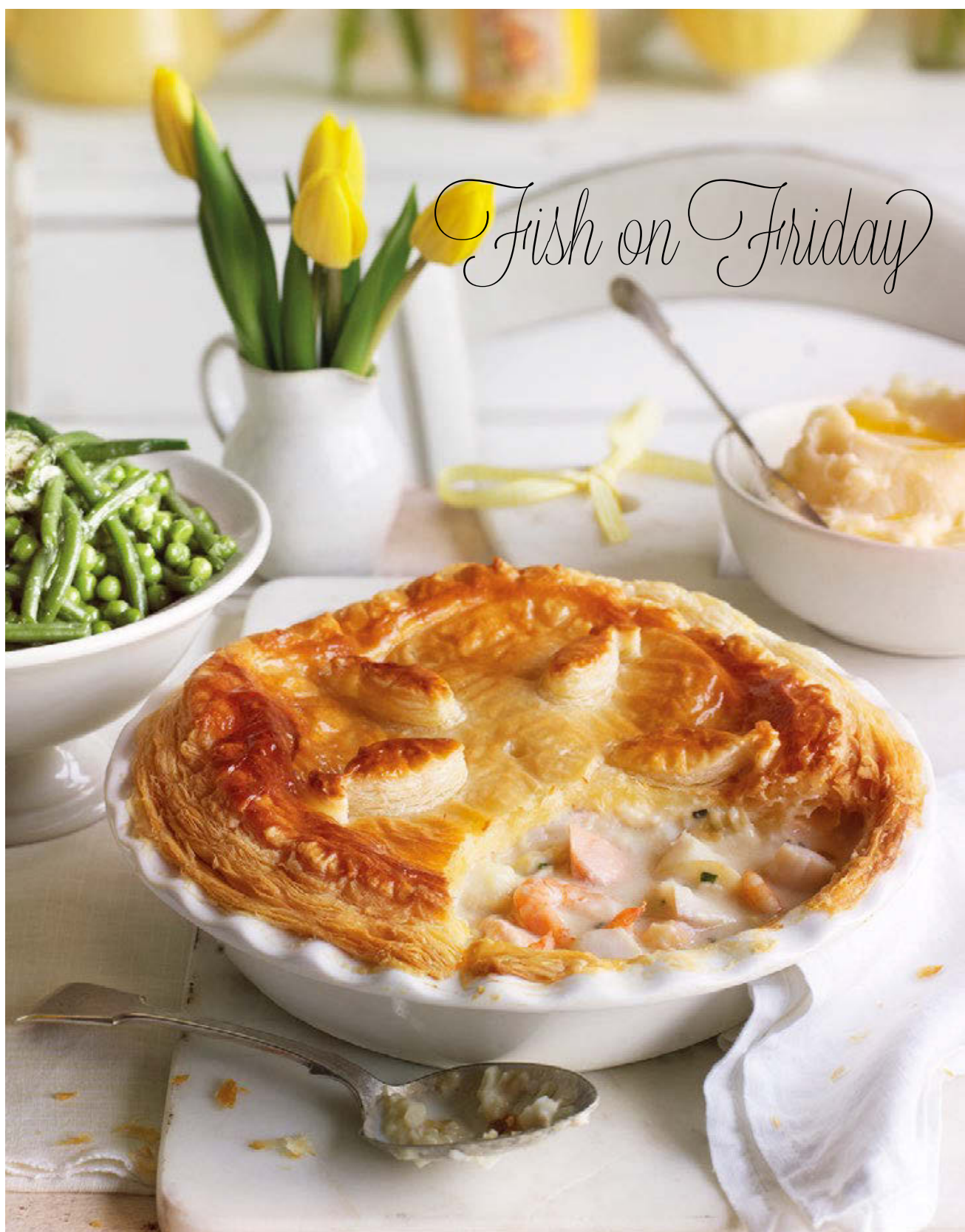
- ◆ 100g (3½oz) watercress, plus extra to garnish
- ◆ 100g (3½oz) peas (thawed if frozen)
- ◆ 3tbsp olive oil, plus extra to drizzle
- ◆ 50g (2oz) Parmesan, grated, plus extra shavings to decorate
- ◆ 15g (½oz) pinenuts
- ◆ Finely grated zest of ½ lemon
- ◆ 1kg (2lb 3½oz) gnocchi

**1** In a food processor, blitz together the watercress, peas, olive oil, Parmesan, pinenuts and lemon zest. Season to taste.

**2** Meanwhile, bring a large pan of salted water to the boil and cook the gnocchi for 3min, until they float to the surface. Drain gnocchi, saving some of the cooking water. Return pasta to the pan and stir through pesto with a little of the reserved pasta water.

**3** Divide gnocchi among 6 plates and garnish with extra watercress sprigs, a drizzle of olive oil and some Parmesan shavings, if you like.

**PER SERVING** 95cal, 15g protein, 11g fat (3g saturates), 83g carbs (1g total sugars), 3g fibre



*Fish on Friday*

## FOLLOWED BY... Luxury Fish Pie

*Vermouth adds a real depth of flavour – use dry white wine if you don't have any to hand.*

Hands-on time **25min**, plus cooling and chilling. Cooking time **about 55min**. Serves **6**

- ◆ 300ml (10fl oz) milk
- ◆ 300g (11oz) lightly smoked salmon fillets, skinless and roughly chopped
- ◆ 300g (11oz) cod, skinless and roughly chopped
- ◆ 100g (3½oz) butter
- ◆ 1 onion, finely chopped
- ◆ 75g (3oz) plain flour, plus extra for dusting
- ◆ 200ml (7fl oz) vermouth

- ◆ 50ml (2fl oz) double cream
- ◆ 25g (1oz) Parmesan, finely grated
- ◆ Zest of whole and juice of ½ lemon
- ◆ 2tbsp freshly chopped chives
- ◆ 200g (7oz) raw king prawns
- ◆ 200g (7oz) raw scallops
- ◆ 500g pack all-butter puff pastry
- ◆ 1 egg, to glaze
- ◆ 1tbsp fresh dill, chopped
- ◆ 500g (1lb 2oz) green beans
- ◆ 500g (1lb 2oz) peas



**1** In a medium pan, gently heat milk, salmon and cod until fish is lightly poached, about 5min. Drain, saving the liquid, and transfer fish to a 1.75 litre (3 pint) ovenproof serving dish.

**2** Melt half the butter over a low heat in a large frying pan and fry onion for 10min until softened before stirring in flour and cooking for 1min. Stir in vermouth and bubble for 2min. Remove from heat and slowly whisk in poaching liquid until you have a smooth mixture. Return to the heat, bring to the boil and bubble for 3min until mixture has thickened.

**3** Stir in cream, Parmesan, lemon zest and juice, chives, prawns and scallops with plenty of seasoning. Gently stir in cooked fish and return to dish. Set aside to cool briefly, then cover and chill for 30min.

**4** Preheat oven to 220°C (200°C fan) mark 7. Roll pastry out on a lightly floured surface to the thickness of a £1 coin. Cut off a few strips to fit around the pie dish rim. Brush rim lightly with water, press strips on to rim and brush with egg. Use a rolling pin to lift remaining pastry over pie. Trim excess, cutting down against the edge of the rim. Reserve trimmings. Tap the blade of a sharp knife against the edge of the pastry, separating the layers slightly to encourage them to 'puff'. Scallop the pie edge with the back of the knife and your finger. Brush lightly all over with beaten egg. Use trimmings to decorate pie top – brush these with beaten egg as well. Make a small vent hole. Chill for 20min. Bake for 25-30min until pastry is golden and filling is piping hot.

**5** Meanwhile, in a small bowl, mix remaining butter, dill and plenty of seasoning. Shape into a disc and wrap in clingfilm. Bring a pan of water to the boil and cook green beans for 3min, adding peas for the final 2min. Drain, transfer to a warmed serving dish and stir through the butter. Serve immediately with mashed potato, if you like.

**PER SERVING** 820cals, 53g protein, 43g fat (23g saturates), 43g carbs (9g total sugars), 10g fibre

## AND TO FINISH... Easter cheesecake

*This is inspired by Italian cheesecakes made with ricotta. We've infused ours with the flavours of hot cross buns for an extra Good Friday treat!*

Hands-on time **35min**, plus cooling and chilling overnight. Cooking time **about 2hr 15min**.

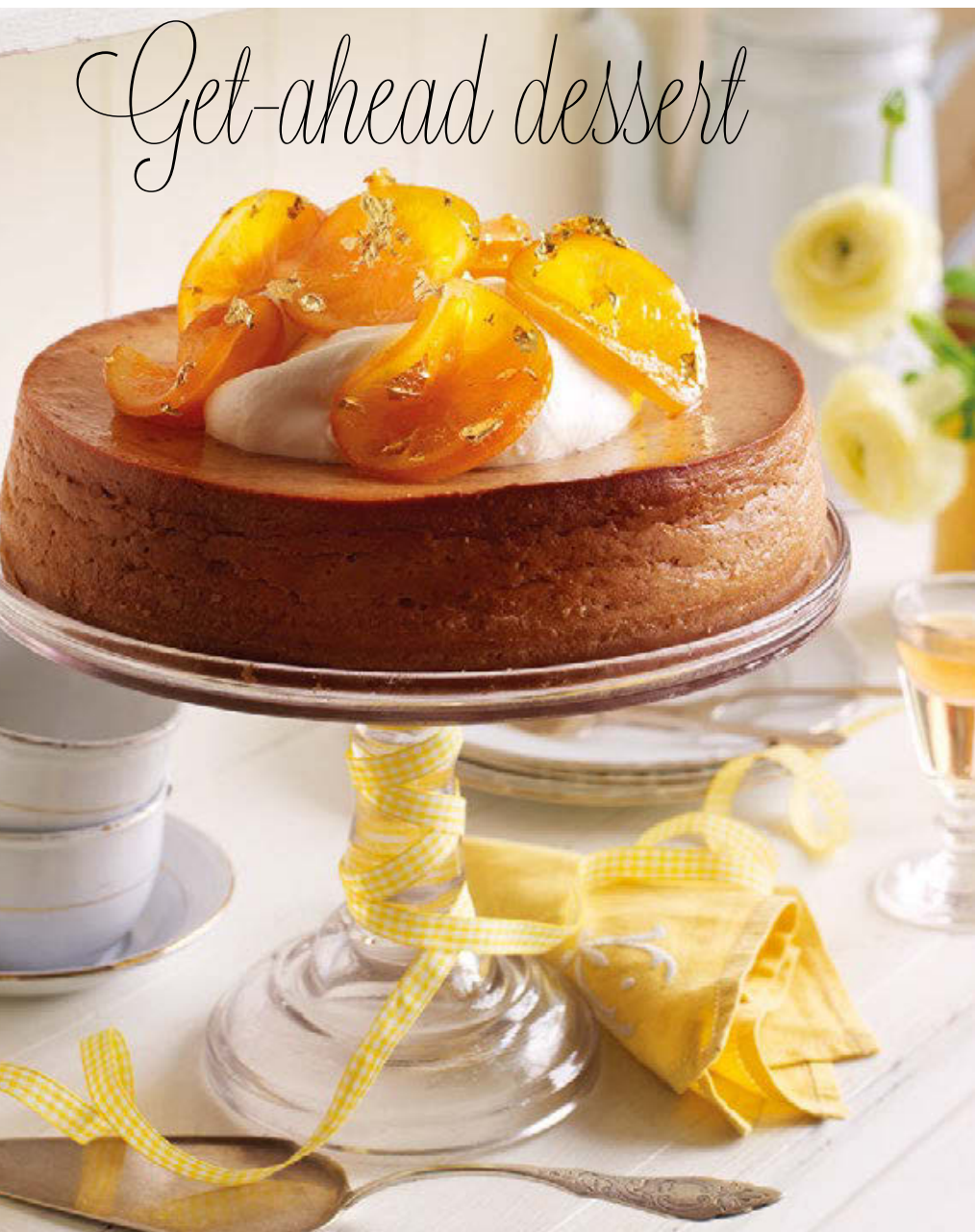
Serves **12**

- ◆ 100g (3½oz) unsalted butter, melted, plus extra for greasing
- ◆ 225g (8oz) digestive biscuits
- ◆ 125g (4oz) raisins
- ◆ 50g (2oz) candied peel
- ◆ Zest of 1 lemon
- ◆ Zest and juice of 1 orange
- ◆ 850g (1lb 14oz) ricotta, at room temperature
- ◆ 450g (1lb) cream cheese, at room temperature
- ◆ 200g (7oz) caster sugar
- ◆ 3tbsp plain flour
- ◆ 3tsp mixed spice
- ◆ ½tsp cinnamon
- ◆ 3 large eggs, at room temperature

### TO DECORATE (optional)

- ◆ 200g (7oz) granulated sugar
- ◆ 2 oranges, thinly sliced
- ◆ 200ml (7fl oz) double cream
- ◆ Edible gold leaf

**1** Preheat oven to 160°C (140°C fan) mark 3. Put a roasting tray with hot water in the bottom of the oven to create a steamy



atmosphere. Remove the bottom of a 23cm (9in) springform cake tin, cover with baking parchment (allowing an overhang) and clip back into the cake tin. Grease the base and sides of tin with a little butter. In a food processor, whiz the digestive biscuits into crumbs, then add melted butter. Press crumb mixture into the base of the tin. Put in the freezer while you make the filling.

**2** In a blender or food processor, purée raisins, peel, lemon zest, orange zest and juice; set aside. In a food processor, whiz the ricotta until smooth, then add the cream cheese and raisin purée, pulsing to combine. Add the caster sugar, flour, spices and eggs for a final blitz, so the mixture is smooth and creamy.

**3** Pour cheesecake mixture into prepared tin and put on to a baking tray. Bake in the lower half of the oven, just above the roasting tray, for about 1hr 20min-1hr 25min until golden brown and set with a slight wobble. Turn oven off and let

cheesecake cool in the oven for 30min before removing and cooling on a wire rack. Transfer to the fridge to set overnight.

**4** For the decoration, gently dissolve sugar in 425ml (14½fl oz) water in a wide pan. Bring to the boil, add orange slices in 1 layer and boil for 10min (turn carefully once). Turn heat down and simmer for 30min, turning slices occasionally, until oranges are translucent and sugar is syrupy. Transfer to a baking sheet lined with baking parchment to cool.

**5** To serve, carefully remove cheesecake from tin. Whip cream until soft peaks form. Pile on to the cheesecake and decorate with orange slices and flakes of edible gold leaf, if you like.

**PER SERVING (without topping)** 560cals, 12g protein, 38g fat (23g saturates), 43g carbs (30g total sugars), 1g fibre

**GET AHEAD** This cheesecake is best made in advance and put in the fridge overnight to set. Serve at room temperature.



# Saturday lunch inspiration

*Choose from one of these simple recipes for a relaxed meal packed with Spring flavours*



*One pan*



## Spring Chicken Casserole

*This bright green dish is fresh and nourishing, with all the flavours of the season.*

Hands-on time **10min**.  
Cooking time **about 50min**. Serves 4

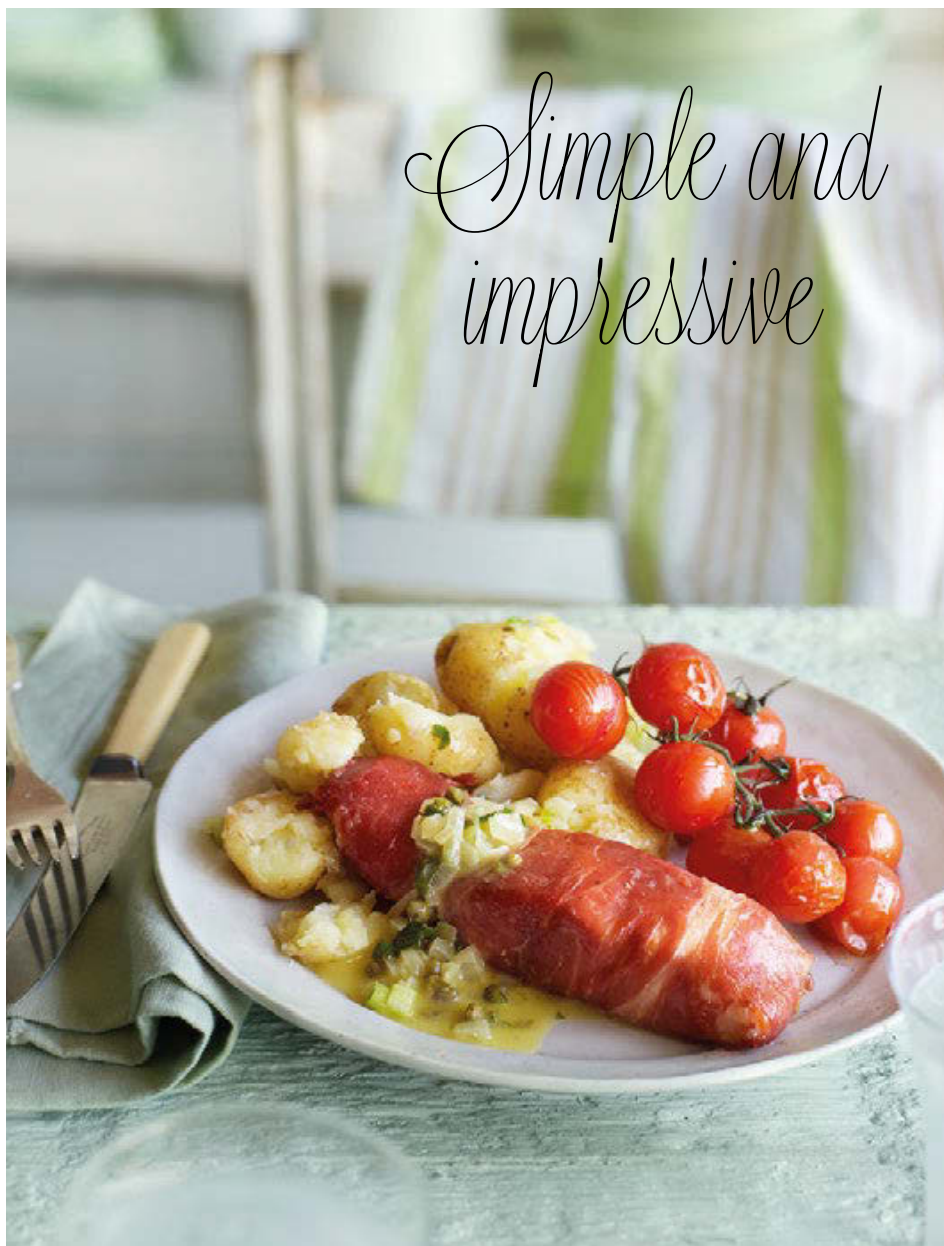
- ◆ 2tbsp olive oil
- ◆ 1 leek, finely sliced
- ◆ 8 chicken thighs, bone in, skin removed
- ◆ 2tbsp flour
- ◆ 300ml (10fl oz) white wine
- ◆ 400ml (14fl oz) chicken stock
- ◆ 500g (1lb 2oz) new potatoes, halved if large
- ◆ 175g (6oz) Spring greens, shredded
- ◆ 150g (5oz) garden peas
- ◆ 3tbsp basil pesto
- ◆ Small bunch of mint leaves, finely chopped

**1** In a large hob-proof casserole dish, heat 1tbsp of the oil and gently sauté the leek for 5min. Add the rest of the oil and the chicken thighs and brown on all sides for 6-8min. Stir in the flour and cook for 1min before adding the white wine, then bubble for 5min. Add the chicken stock and new potatoes, cover, bring to a simmer, and gently simmer the casserole for 25min.

**2** Add spring greens and simmer for 3min before stirring in the peas and pesto. Season and garnish with the mint leaves.

### PER SERVING

**691cals, 50g protein, 34g fat (6g saturates), 32g carbs (5g total sugars), 8g fibre**



Simple and impressive

## Prosciutto Wrapped Trout

*You can use other firm fish fillets in this recipe, but the flavours of in-season sea trout and Jersey Royal potatoes are hard to beat.*

Hands-on time **15min**. Cooking time **about 35min**. Serves 4

- ◆ 750g (1lb 11oz) new potatoes
- ◆ 1 small shallot, finely chopped
- ◆ 150ml (5fl oz) dry white wine
- ◆ Juice ½ lemon
- ◆ 100g (3½oz) unsalted butter
- ◆ 1tbsp capers, roughly chopped
- ◆ Small bunch of parsley, roughly chopped
- ◆ 4 trout fillets, skinned and deboned
- ◆ 8 slices prosciutto ham
- ◆ Oil, for greasing
- ◆ 250g (9oz) cherry tomatoes on the vine
- ◆ 4 spring onions, sliced
- ◆ 40g (1½oz) Parmesan, grated

**1** In a large pan of boiling water, simmer new potatoes for 15-20min until cooked through. Drain potatoes and crush with a fork. Set aside.

**2** Make the sauce: into a small pan over a medium heat, put the shallot,

wine and lemon juice, and bubble until reduced by two-thirds (5-8min). Cube 75g (3oz) of the butter and add to the pan, whisking to combine. Stir in capers and parsley. Set aside and keep warm.

**3** Preheat grill to medium-high. Wrap each trout fillet with 2 slices of prosciutto. Put on to a lightly oiled baking tray with the cherry tomatoes. Sprinkle with salt and pepper. Grill the fillets for 4min each side, until ham is crisp, and the fish and tomatoes are cooked.

**4** Meanwhile, add remaining butter to a large frying pan and gently fry spring onions for 2min. Add the crushed potatoes and the Parmesan, and heat for a few min before seasoning with salt and pepper. Serve the fish with the crushed new potatoes, cherry tomatoes and parsley butter sauce.

**PER SERVING 677cals, 43g protein, 39g fat (20g saturates), 32g carbs (5g total sugars), 4g fibre**

## Crab and Asparagus Clafoutis

*We've used a mix of white and brown meat to maximise the flavour of this savoury dish.*

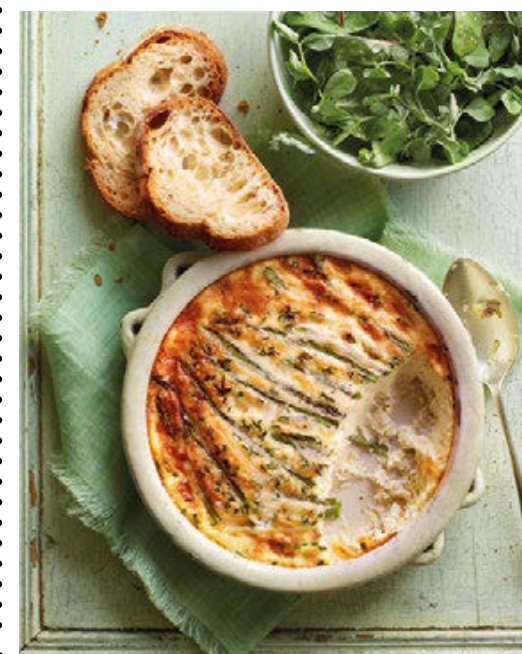
Hands-on time **10min**.  
Cooking time **about 45min**.  
Serves 4

- ◆ 4 large eggs
- ◆ 125ml (4fl oz) semi-skimmed milk
- ◆ 475ml (16fl oz) double cream
- ◆ Finely grated zest of 1 lemon
- ◆ 2tbsp chives
- ◆ 150g (5oz) mixed brown and white crab meat
- ◆ 12 asparagus spears, trimmed

**1** Preheat oven to 180°C (160°C fan) mark 4. In a jug, whisk together eggs, milk, cream, lemon zest, chives and plenty of seasoning.

**2** Stir in most of the crab mixture, then pour into an ovenproof dish, about 1.1 litre (2 pint). Scatter over remaining crab and gently lay the asparagus spears over the top. Cook for 45min, or until top is golden and mixture is just set. Serve immediately with crusty bread and a green salad.

**PER SERVING 762cals, 20g protein, 73g fat (42g saturates), 5g carbs (5g total sugars), 2g fibre**





# Pasta pronto



## Tenderstem Broccoli Pasta with Goat's Cheese

Use purple sprouting broccoli to make this dish more seasonal!

Hands-on time **15min.** Cooking time **about 15min.** Serves **4**

- ◆ **Vegetable stock**
- ◆ **500g (1lb 2oz) pappardelle pasta**
- ◆ **225g (8oz) tenderstem broccoli, halved lengthways**
- ◆ **150g (5oz) soft goat's cheese, roughly chopped**
- ◆ **75g (3oz) walnuts, roughly chopped**

**1** Bring a large pan of vegetable stock to the boil and cook pasta for 8-10min, or until cooked through. Drain, reserving some of the cooking water, and return to pan.  
**2** Meanwhile, heat a small pan of boiling water and cook broccoli for 2min until soft. Drain and stir through pasta with the goat's cheese, a little of the reserved cooking liquid and most of the walnuts. Season to taste. Divide among 4 plates, garnish with remaining walnuts and serve.  
**PER SERVING** 726cal, 30g protein, 25g fat (9g saturates), 91g carbs (6g total sugars), 8g fibre

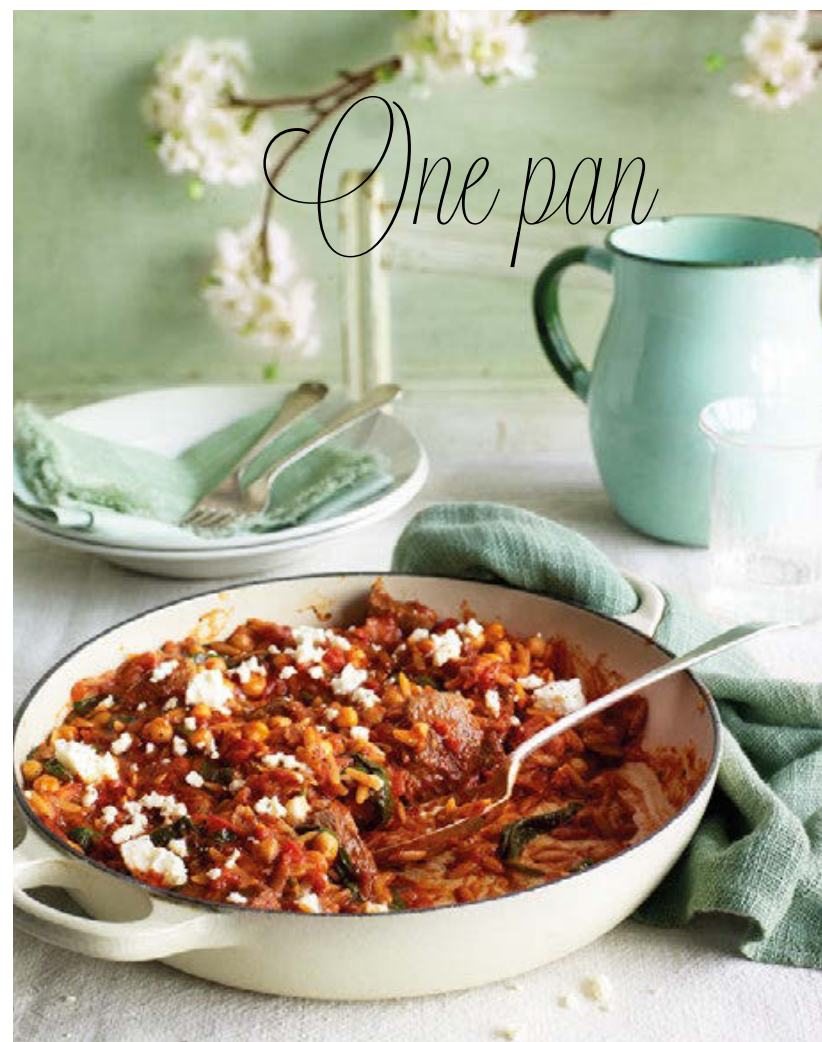
## Greek Lamb with Orzo

Using lamb means this dish cooks quickly, for juicy, tender meat, but you could use chicken or pork fillet, if you prefer.

Hands-on time **15min.** Cooking time **about 25min.** Serves **4**

- ◆ **1tbsp oil**
- ◆ **400g (14oz) lamb steaks, trimmed and roughly chopped**
- ◆ **1tbsp cumin**
- ◆ **1tbsp dried oregano**
- ◆ **1 large garlic clove, crushed**
- ◆ **2 x 400g tins chopped tomatoes**
- ◆ **300ml (10fl oz) hot vegetable stock**
- ◆ **1tbsp caster sugar**
- ◆ **150g (5oz) orzo (rice-shaped) pasta**
- ◆ **400g tin chickpeas, drained**
- ◆ **Finely grated zest of 1 lemon**
- ◆ **100g (3½oz) spinach**
- ◆ **75g (3oz) feta, crumbled**

**1** Heat oil in large pan over a high heat and fry lamb with cumin and oregano until golden brown, about 5min. Add garlic and cook for a further 1min.  
**2** Add tomatoes, vegetable stock and sugar to the pan and bring up to the boil. Stir through the orzo and bubble for 10min.  
**3** Stir through the chickpeas, lemon zest and spinach until spinach is just wilted. Season to taste, crumble feta over dish and serve with toasted pitta, if you like.  
**PER SERVING** 572cal, 34g protein, 26g fat (11g saturates), 47g carbs (11g total sugars), 8g fibre



# One pan



## TRIED, TESTED, TRUSTED

You can always rely on Good Housekeeping recipes to work first time. One of our Cookery Team develops each recipe we feature until they're happy it's perfect. Another member of the team then makes it again to ensure the method is foolproof (at which stage the food is also tasted

by lots of other key magazine staff). Our third and final test happens on the photoshoot. So that's a minimum of three tests for every single recipe – our guarantee to you that they'll work! Remember always to use calibrated measuring spoons and accurate scales for ultimate success.



# Your Easter Sunday feast

## MENU FOR 8

Rhubarb Martinis  
with  
Dukkah Dipped Quail Eggs

.....  
Salmon Confit and  
Asparagus Salad

.....  
Herb Stuffed  
Leg of Lamb  
with  
Classic Mint Sauce  
Fondant Jersey Royals  
Spring Medley

.....  
Honey Feta Parcel (v)

.....  
Lavender and Lemon  
Easter Nests

*Spring tippie*

Rhubarb Martinis

*Dainty dip*

Dukkah Dipped Quail Eggs





## DRINKS AND NIBBLES

### Rhubarb Martinis

*Use only the pink parts of the rhubarb for this bright cocktail – the white parts can be used in crumbles or our Breakfast Trifle.*

Put **600g (1lb 5oz) pink rhubarb**, **300g (11oz) granulated sugar** and **1.1 litre (2 pint) water** into a large pan. Simmer, covered, on a low heat for 20min until pulpy. Strain mixture through a sieve, discard pulp and chill the syrup. For each cocktail, fill a shaker with **ice**, pour in **75ml (3fl oz) rhubarb syrup** and **40ml (1½fl oz) chilled vodka**. Shake until well-chilled, then strain into a martini glass.

**PER SERVING** 240cals, 0g protein, 0g fat (0g saturates), 38g carbs (38g total sugars), 0g fibre

### Dukkah Dipped Quail Eggs

*Dukkah is a lightly spiced, toasted nut mixture. Leftover dukkah can be stored in an airtight container for a week and sprinkled on to salads for added flavour and texture.*

Hands-on time **10min**, plus chilling.  
Cooking time **about 5min**

- ◆ **50g (2oz) hazelnuts**
- ◆ **40g (1½oz) sesame seeds**
- ◆ **2tsp coriander seeds**
- ◆ **2tsp cumin seeds**
- ◆ **1tsp freshly ground black pepper**
- ◆ **1tsp flaky sea salt**
- ◆ **16 pre-cooked quail eggs, peeled**

**1** In a large pan, gently dry-fry hazelnuts for 3min, shaking constantly to stop nuts from catching. Once golden, tip into a food processor. Add sesame seeds and spices to the pan, and fry gently for 1min until lightly golden, add to the food processor with the pepper and salt and grind for 2min. Serve alongside quail eggs to dip.

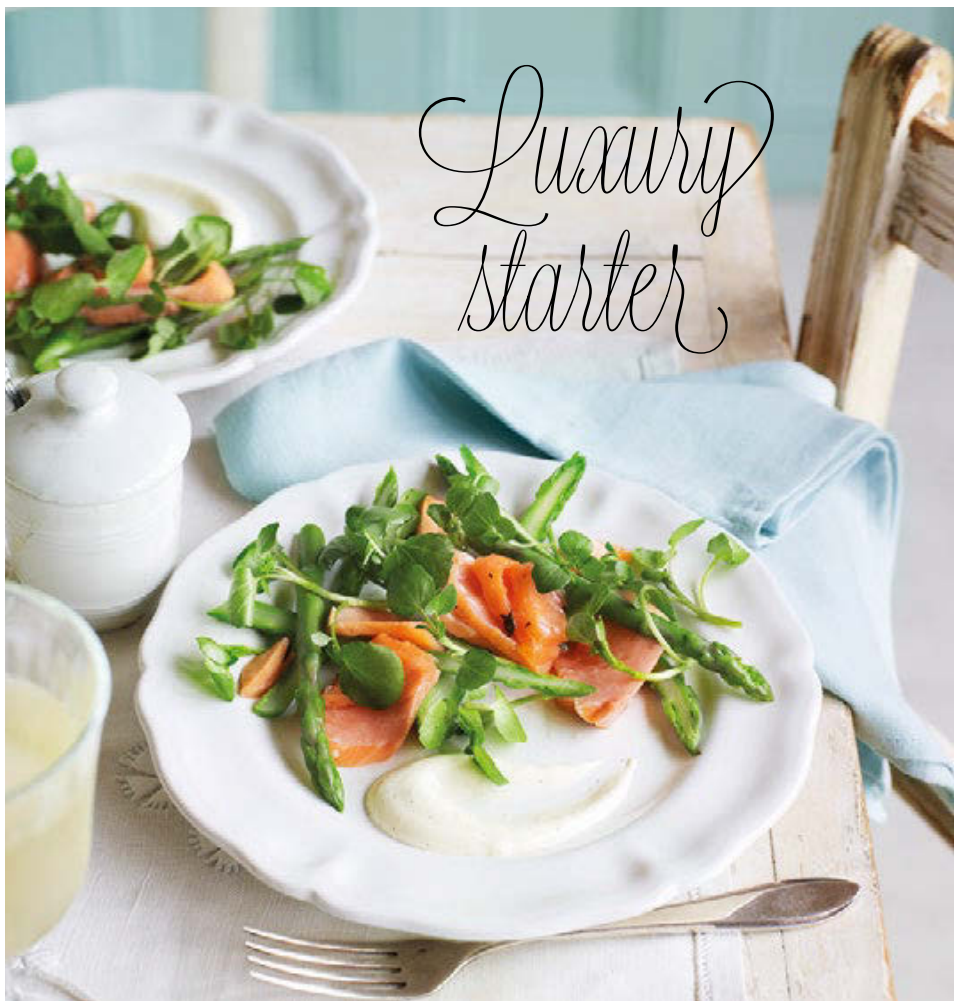
**PER SERVING** 104cals, 5g protein, 9g fat (1g saturates), 0g carbs (0g total sugars), 1g fibre

**GET AHEAD** We used Bespoke hard-boiled and peeled quail eggs (£3.99 for 12, Waitrose) to save time. Hard boil your own quail eggs up to 2 days ahead: cook in boiling water for 2min, drain and plunge into ice-cold water before peeling. Cool, cover and chill. Allow to come to room temperature before serving.

## STARTER

### Salmon Confit and Asparagus Salad

*Very gently cooking the salmon in oil ensures the meat stays meltingly tender. Use the freshest salmon you can. You can also flake ready cooked or hot smoked salmon to save time.*



Hands-on time **30min**, plus chilling and cooling. Cooking time **about 1hr 5min**

- ◆ **4 skin-on, very fresh salmon fillets**
- ◆ **Zest of 1 lemon, plus ¼tsp lemon juice**
- ◆ **1tsp thyme leaves**
- ◆ **½ vanilla bean**
- ◆ **75ml (3fl oz) good-quality mayonnaise**
- ◆ **1-2tbsp half-fat crème fraîche**
- ◆ **500ml (1 pint) olive oil**
- ◆ **24 asparagus spears, ends removed**
- ◆ **125g (4oz) watercress**

**1** Combine the salmon with the lemon zest, thyme and a generous pinch of salt and pepper. Cover and chill for 1hr.

**2** Slice vanilla bean in half lengthways, scrape out seeds, and put into a small bowl with the mayonnaise and crème fraîche. Add up to ¼tsp lemon juice to taste.

**3** Preheat oven to 50°C (30°C fan) or your lowest gas mark. In a 1 litre (1¾ pint) hob-proof

and oven-proof baking dish, heat oil gently on the hob until 50°C when tested with an electric thermometer. Put salmon into the dish, skin-side down, so it is submerged in the oil. Transfer dish to a shelf in the middle of the oven. Cook for 45min, until salmon is cooked. To test, gently lift it out of the oil with a fish slice and press firmly on the fillet – the flesh should flake easily and fall apart. If there is resistance, return to the oven for another 5min. **4** Meanwhile, bring a pan filled with salted water to the boil. Boil the asparagus for 2min, then drain and plunge into a bowl of ice-cold water. Slice in half lengthways.

**5** Gently remove salmon from the oil with a fish slice and transfer to kitchen roll to drain. Allow to cool, remove skin, then gently flake. Arrange flakes, asparagus and watercress on plates, and dress with vanilla mayonnaise.

**PER SERVING** 278cals, 18g protein, 22g fat (4g saturates), 2g carbs (2g total sugars), 2g fibre

## AND TO DRINK...

GH wine expert Richard Ehrlich says: 'I love a generously proportioned Chardonnay with salmon that's been given a fairly rich presentation like this confit. **Aldi Exquisite Collection Limoux Chardonnay** (£6.99) is nicely oaked, comes in at a great

price and gives great quality. Lamb loves Cabernet, and **Evans & Tate Breathing Space Cabernet Sauvignon 2013, Margaret River** (Majestic, £11.99 or £8.99 when you buy two) has a tasty hint of mint that will be a happy echo of the mint in the stuffing.'



# Classic roast

Herbed Stuffed Leg of Lamb  
Classic Mint Sauce  
Fondant Jersey Royals  
Spring Medley





THERE'S BEEF.  
THERE'S SCOTTISH BEEF.  
THEN THERE'S **SCOTCH BEEF.**



To find out why Scotch Beef is better go to [scotchbeefkitchen.com](http://scotchbeefkitchen.com)





## MAINS

### Herb Stuffed Leg of Lamb

Hands-on time **40min**. Cooking time **about 1hr 20min**, plus resting

- ◆ 1 boneless leg of lamb, about 2kg (4½lb)
- ◆ 100g (3½oz) pinenuts
- ◆ 100g (3½oz) pitted green olives
- ◆ 100g (3½oz) sliced white bread
- ◆ Small bunch flat-leaf parsley, leaves picked
- ◆ Small bunch fresh oregano, leaves picked
- ◆ Small bunch fresh mint, leaves picked
- ◆ 2 large garlic cloves, peeled
- ◆ 1 large egg, beaten
- ◆ 2 lemons: zest of 1 and juice of 2
- ◆ 1-2tbsp oil
- ◆ 300ml (10fl oz) white wine
- ◆ 2tbsp honey
- ◆ 2tbsp plain flour
- ◆ 800ml (1½ pint) lamb or chicken stock

**1** Remove lamb from fridge an hour before cooking. In a food processor, whiz pinenuts, olives, bread, herbs and 1 clove garlic to form a chunky stuffing. Put into a large mixing bowl and season. Add the egg, and zest and juice of 1 lemon.

**2** Preheat oven to 200°C (180°C fan) mark 6. Put lamb on to a chopping board, skin-side down. Gently cut into the leg at the thinnest part and open out like a book. Without cutting through the meat to the board, make slits to help form it into one flat slab. Cover with clingfilm and bash with a rolling pin to flatten evenly. Spread stuffing on to the meat and fold the shortest edges in to enclose them. Roll meat from one short end to the other and secure with string at regular 3cm (1¼in) intervals and at each end. Put lamb into a roasting tin, brush with oil and season well. Pour wine into the tin and roast for 15-20min per 450g (1lb).

**3** Crush remaining garlic clove, put in a small bowl and mix with the remaining lemon juice and the honey. About 20min before the end of cooking, carefully remove lamb from the oven, brush all over with honey mixture and return to oven for the remaining time. Take out and rest on a board, covered with a tent of foil, for up to 40min.

**4** For the gravy, remove any loose stuffing from tin to serve with lamb and stir flour into remaining juices to form a thick paste. Cook, stirring, for 2min over a medium heat. Whisk in stock until no lumps remain, bring to the boil and stir for 5min or until thickened.

**PER SERVING** 762cals, 81g protein, 40g fat (14g saturates), 13g carbs (5g total sugars), 1g fibre

### Classic Mint Sauce

Hands-on time: **5min**

- ◆ Mix the **finely chopped leaves from a 50g (2oz) bunch mint** with **2tbsp caster sugar**, **4tbsp red wine vinegar**, **1tbsp boiling water** and **¼tsp salt**.
- PER SERVING** 18cals, 0g protein, 0g fat (0g saturates), 4g carbs (4g total sugars), 0g fibre

### Fondant Jersey Royals

Hands-on time **10min**.  
Cooking time **about 1hr 5min**

- ◆ Bruise **1 unpeeled garlic clove** with the heel of your knife and put into a large lidded saucepan with **1.4kg (3lb) Jersey Royal or new potatoes**. Add **250ml (9fl oz) dry white wine**, **250ml (9fl oz) vegetable stock** and **75g (3oz) unsalted butter**. Cover with the lid.

Simmer over a medium heat for 1hr until potatoes are tender and nearly all the wine has reduced. Transfer to a wide frying pan. Increase heat and sizzle uncovered, turning often, for 5-10min, until nearly all the liquid has evaporated and potatoes are lightly golden. Put into a warm serving dish and sprinkle with **sea salt** to serve.

**PER SERVING** 221cals, 3g protein, 8g fat (5g saturates), 27g carbs (2g total sugars), 3g fibre

**GH TIP** Simmer the potatoes in the stock mixture for 1hr up to a day in advance. Remove from heat, cool, then store, covered, in the fridge. Reheat in the frying pan, adding an extra 5min if the potatoes are fridge cold.

### Spring Medley

Hands-on time **10min**.  
Cooking time **about 20min**

- ◆ 1 vegetable stock cube

- ◆ 500g (1lb 2oz) baby Chantenay carrots
- ◆ 425g (15oz) frozen peas
- ◆ 1 spring cabbage, stem and core removed, shredded
- ◆ 3-4 preserved lemons
- ◆ 1tbsp runny honey
- ◆ 2tbsp white wine vinegar
- ◆ 3tbsp olive oil
- ◆ 3tbsp parsley, roughly chopped

**1** Bring 1 litre (1¾ pint) water to the boil in a large pan, crumble in the stock cube, add carrots, reduce temperature and simmer for 10min until just tender. Add peas and cabbage, return to boil and simmer gently for 3min. Drain and steam dry. **2** Halve preserved lemons, scoop out and discard flesh. Finely chop rind and mix 3tbsp with the honey, vinegar, oil and parsley. Season well. Drizzle over warm veg, tossing to coat. Transfer to a warm serving dish, cover with foil until ready to serve.

**PER SERVING** 132cals, 5g protein, 5g fat (1g saturates), 13g carbs (9g total sugars), 8g fibre

## VEGETARIAN TREAT

### Honey Feta Parcel

*We recommend real Greek feta, which is drier than 'Greek-style' feta. Make sure yours is suitable for vegetarians, too.*

Hands-on time **15min**. Cooking time **about 25min**. Makes **1**

- ◆ 100g (3½oz) vegetarian Greek feta cheese, crumbled
- ◆ 1tsp extra virgin olive oil, plus extra to brush
- ◆ 2tsp runny honey, plus extra to serve
- ◆ 2tsp thyme leaves
- ◆ 2 sheets filo pastry
- ◆ 1tsp pistachios, roughly chopped

**1** Heat oven to 200°C (180°C fan) mark 6. In a mixing bowl, combine feta, oil, honey and thyme. Set aside. Lay a sheet of filo on a work surface and brush with a little extra oil. Put another sheet on top and brush with oil. Fold sheets in half widthways. Put the feta mixture into the centre of the filo in a rectangular shape about 6.5 x 9cm (2½ x 3½in). Brush filo



with oil around the feta, then fold the two long edges over the feta, followed by the other two, shorter, edges to enclose completely and make a parcel.

**2** Put parcel seam-side down on to a baking sheet, brush with more oil and bake for 25min until golden. Switch off oven with parcel in it to keep warm briefly. Drizzle with extra honey and sprinkle with pistachios to serve.

**PER SERVING** 701cals, 22g protein, 48g fat (17g saturates), 43g carbs (10g total sugars), 2g fibre





THIS EASTER



ONCE YOU'VE  
GOT CARTE D'OR  
YOU'VE  
GOT DESSERT.







*Light and lovely*

## Lavender and Lemon Easter Nests

*Make sure your bowl and whisks are spotlessly clean as the slightest bit of grease prevents the egg whites from whipping up fully.*

Hands-on time **40min**. Cooking time **about 1hr 30min**

- ◆ **1½tsp edible lavender**
- ◆ **5 medium egg whites**
- ◆ **250g (9oz) caster sugar**
- ◆ **Bake-safe lilac food colouring, optional – we used SK Professional (squires-shop.com)**
- ◆ **250ml (9fl oz) double cream**
- ◆ **3tbsp runny honey**
- ◆ **8tbsp lemon curd**
- ◆ **Edible flowers and chocolate eggs, to decorate**

**1** Heat oven to 110°C (90°C fan)

mark ¼. Line a baking tray with baking parchment. Draw 8 circles measuring 9cm (3½in), spaced well apart, on the baking parchment. Turn it over so the ink is underneath. With a pestle and mortar, finely grind the lavender. Set aside.

**2** In a large bowl, whisk the egg whites on a slow speed until foamy. Increase the speed and whisk until stiff peaks form. Gradually add caster sugar, 1heaped tbsp at a time, whisking back up to stiff peaks after each addition. When all the sugar is incorporated and

the mixture is thick and glossy, whisk in the ground lavender. If colouring your meringues, add food colouring a drop at a time to reach a pale lilac colour. Spoon into a large piping bag fitted with a 1cm (½in) star nozzle.

**3** Pipe meringue on to the circles in a flat round shape, then build up the sides to form a nest by piping again around the edge of the circle. Transfer to the bottom shelf of the oven. Bake for 1hr 30min until firm and set underneath. Switch off oven and leave inside to cool.

**4** Before serving, whip cream

and runny honey to soft peaks. Fill each meringue with a dollop of whipped cream and 1tbsp lemon curd. Decorate with edible flowers and chocolate eggs.

**PER SERVING 379cal, 2g protein, 18g fat (11g saturates), 52g carbs (48g total sugars), 0g fibre**

**GET AHEAD** Meringue nests can be made up to end of step 3, up to 3 days ahead. Once cool, carefully transfer to an airtight container (don't stack). Fill meringues with cream and curd up to an hour before serving.



Fun for all ages

*Easter  
showstopper*





## TIME FOR TEA

### Easter Basket Cake

A carrot cake for the Easter Bunny! Find floral wire and modelling paste at [squires-shop.com](http://squires-shop.com). Buy chocolate pencils at [chocolatetradingco.com](http://chocolatetradingco.com) – or use white chocolate fingers.

Hands-on time **1hr 30min**, plus cooling, chilling and drying overnight. Cooking time **about 30min**. Serves **20**

#### FOR THE HANDLE

- ◆ **Hamilworth paper-covered floral wire, 24 gauge**
- ◆ **600g (1lb 5oz) cream Mexican modelling paste**

#### FOR THE CAKE

- ◆ **175ml (6fl oz) sunflower oil, plus extra to grease**
- ◆ **4 medium eggs, beaten**
- ◆ **275g (10oz) caster sugar**
- ◆ **300g (11oz) plain flour**
- ◆ **2tsp baking powder**
- ◆ **1tsp bicarbonate of soda**
- ◆ **2tsp cinnamon**
- ◆ **½tsp salt**
- ◆ **350g (12oz) carrots, peeled and grated**

#### FOR THE ICING

- ◆ **275g (10oz) unsalted butter, softened**
- ◆ **375g (13oz) icing sugar, sifted**
- ◆ **275g (10oz) full-fat cream cheese at room temperature**
- ◆ **1tsp vanilla extract**

#### TO DECORATE

- ◆ **White chocolate pencils, about 500g (1lb 2oz), or use chocolate fingers**
- ◆ **Ribbons and mini eggs**

**1** For the basket handle: twist the ends of three pieces of floral wire together neatly to make one long piece about 91.5cm (36in). Repeat twice more and set all three aside. Break off 50g (2oz) Mexican paste (wrap extra paste well to avoid it drying out) and knead until pliable. Roll into a thin strand about 70cm (27½in) long. Press a length of wire along the paste strand and pinch the paste over it to enclose. Roll to even it out and wrap the wire-filled strand in clingfilm to keep it soft. Repeat twice more so you have three wire-filled strands. Lay out the three strands next to each other.

Pinch strands together about 5cm (2in) from one end, then plait the strands, working quickly before the paste dries out. On a flat surface, curve into an arc with ends exactly 18cm (7in) apart. Leave to dry, uncovered, in a cool place overnight.

**2** Heat oven to 180°C (160°C fan) mark 4. Lightly grease and line base and sides of 2 x 20.5cm (8in) loose-bottom cake tins with a collar of baking parchment at least 10cm (4in) high. In a large mixing bowl, beat oil, eggs and sugar together until smooth. In a separate bowl, sift flour, baking powder, bicarbonate of soda and cinnamon together, then stir in salt. Add to the egg mixture and mix to combine. Fold in carrots. Spoon into tin, level surface and bake for 25-30min or until a skewer inserted comes out clean.

**3** Remove from the oven, then cool in the tin for 10min before removing to a wire rack to cool completely.

**4** For the icing, beat butter and icing sugar together in a large mixing bowl until stiff. Add cream cheese and vanilla extract and mix until smooth.

**5** Put one cake on a board the same size and spread with a third of the cream cheese icing. Put the second cake on top. Cover with another third of the icing. Spread remaining icing over the sides of the cake. Press chocolate pencils on to the sides of the cake. Chill for 30min. Tie a ribbon around the cake, press the dried 'handle' into the top and fill with Easter eggs.

**PER SERVING** 484cals, 5g protein, 33g fat (17g saturates), 40g carbs (29g total sugars), 1g fibre

**GH TIP** Remove basket handle and store cake in an airtight container in the fridge for up to 5 days.

## WE'RE GOING ON AN EASTER EGG HUNT



### Easter Egg Cake Pops

Buy cake pop sticks in the baking aisle. Wrap finished pops in Cellophane.

Hands-on time **1hr 10min**.

Cooking time **about 5min**.

Makes **20**

- ◆ **400g (14oz) Madeira cake**

#### FOR THE FROSTING

- ◆ **50g (2oz) unsalted butter, softened**
- ◆ **50g (2oz) full-fat cream cheese (we used Philadelphia) at room temperature**
- ◆ **75g (3oz) icing sugar, sifted**
- ◆ **300g (11oz) white chocolate**
- ◆ **1tsp sunflower oil**
- ◆ **pink food colouring, optional**
- ◆ **20 lollipop sticks**
- ◆ **Sprinkles and edible confetti**

**1** Crumble the cake into a food processor and pulse to fine crumbs. In a large bowl, beat the frosting ingredients together until light and fluffy. Add the cake crumbs, and stir until the mixture comes together in a dough-like ball.

**2** Roll the mixture into 20 ovals about 25g (1oz) each. Chill for 1hr.

**3** Melt the white chocolate in a bowl set over a pan of barely simmering water; stir in the oil.

Put half the chocolate into a second bowl. Sit both bowls in larger bowls of lukewarm water to keep the chocolate runny. Stir drops of food colouring, if using, into one portion until pale pink.

**4** Use a piece of polystyrene or a shoe box lid with holes poked into it as a drying rack for the cake pops. Dip a lollipop stick into the melted chocolate and push halfway into the cake pop. Put into the drying rack to dry for 5min. Dip a cake pop into the melted chocolate, turning to coat in a thin layer. Hold the cake pop pointing downwards to let excess chocolate run off. While still wet, decorate with sprinkles and edible confetti. Put in drying rack to dry, wiping excess drips off the sticks with kitchen towel. Chill until set.

**PER SERVING** 269cals, 3g protein, 15g fat (9g saturates), 31g carbs (25g total sugars), 0g fibre  
**GET AHEAD** Assemble and decorate the cake pops up to 3 days ahead. Once set, store them in an airtight container in the fridge. Remove and wrap them in Cellophane 1hr before serving.



# Bank holiday brunch

## Breakfast Trifle

*This is delicious served immediately, when the granola has a crunch to it, and the leftovers make a wonderful Bircher-style muesli.*

Hands-on time **30min**, plus cooling. Cooking time **about 30min**. Serves **10-12**

### FOR THE MAPLE AND GINGER GRANOLA

- ◆ 350g (12oz) giant oats
- ◆ 125g (4oz) pecans, roughly chopped
- ◆ ½tsp cinnamon
- ◆ 1tsp ground ginger
- ◆ 100ml (3½fl oz) vegetable oil
- ◆ 175ml (6fl oz) maple syrup, plus extra to drizzle
- ◆ 1tsp vanilla essence
- ◆ 100g (3½oz) sultanas

### FOR THE RHUBARB AND APPLE COMPOTE

- ◆ 250g (9oz) sugar
- ◆ 400g (14oz) rhubarb, roughly chopped
- ◆ 3 Bramley apples, peeled and diced
- ◆ Zest and juice of 1 orange
- ◆ 3 x 450ml tubs Greek yogurt, to serve

**1** Preheat oven to 180°C (160°C fan) mark 4 and line a large baking sheet with parchment paper.

**2** In a large bowl, stir together the oats, pecans and spices. In a large mixing bowl, combine the oil, maple syrup and vanilla.

**3** Stir the wet ingredients into the dry to combine. Spread the granola out in a single layer on the baking tray and cook for 30min, shaking once.

**4** When granola is still warm, stir through sultanas. Allow to cool completely before transferring to an airtight container.

**5** Meanwhile, make the compote. Put all the ingredients into a large pan with 200ml (7fl oz) water, bring to the boil, then simmer for 15-20min, until soft and the liquid has reduced. Set

aside to cool completely.

**6** To assemble the trifle, spoon a layer of compote into a trifle dish or glass bowl, top with a layer of yogurt, then one of granola. Repeat until you fill the dish. Top with a dollop of yogurt and a drizzle of maple syrup. Serve immediately or store in the fridge for up to 5hr.

**PER SERVING (For 12)** 521cal, 11g protein, 23g fat (6g saturates), 66g carbs (44g total sugars), 5g fibre

**PER SERVING (For 10)** 626cal, 13g protein, 27g fat (7g saturates), 79g carbs (53g total sugars), 6g fibre



New breakfast  
favourite





## Smoked Salmon Tart

*This sophisticated tart is perfect to share, and can be assembled at the last minute.*

Hands-on time **25min**. Cooking time **about 55min**. Serves **6**

- ◆ Plain flour for dusting
- ◆ 375g block all-butter puff pastry
- ◆ 200ml (7fl oz) half-fat crème fraîche
- ◆ 3tbsp hot horseradish sauce
- ◆ Juice of ½ lemon, plus extra lemon wedges to serve
- ◆ 300g (11oz) smoked salmon
- ◆ 1tbsp capers
- ◆ Small bunch of dill, roughly chopped

**1** Preheat oven to 200°C (180°C fan) mark 6. On a lightly floured surface, roll out pastry to a square about 30.5 x 30.5cm (12 x 12in) and 3mm (¼in) thick. Trim edges to neaten and discard. Put square on to a baking sheet lined with baking parchment and bake for 10-12min until puffed and golden. Remove from oven, cover with another piece of baking parchment and a heavy baking sheet. Press down to flatten, then bake for a further 35-40min, until golden and crisp. Leave to cool.

**2.** Meanwhile, in a small bowl, mix together the crème fraîche, horseradish and lemon juice. Spread the mixture over the pastry base, top with smoked salmon, then scatter with capers and dill. Serve with lemon wedges.

**PER SERVING** 370cals, 17g protein, 24g fat (12g saturates), 20g carbs (2g total sugars), 2g fibre



## Simnel French Toast

*Use your favourite fruit bread for this recipe – just make sure it's not too thickly sliced, or the centre won't soak up the delicious egg mixture.*

Hands-on time **15min**. Cooking time **about 15min**. Serves **4**

### FOR THE ALMOND BUTTER

- ◆ 50g (2oz) unsalted butter, softened
- ◆ Almond extract, to taste
- ◆ 1tbsp icing sugar, plus extra for dusting

### FOR THE FRENCH TOAST

- ◆ 3 large eggs
- ◆ 175ml (6fl oz) single cream
- ◆ 2tbsp caster sugar
- ◆ ¼tsp ground nutmeg
- ◆ 2tsp mixed spice
- ◆ 1tsp vanilla extract
- ◆ 8 slices raisin bread (we used Warburton's)
- ◆ 2tbsp butter
- ◆ Maple syrup or honey, to serve
- ◆ Streaky bacon, to serve, optional

**1** Preheat oven to 130°C (110°C fan) mark ½, and put a wire rack over a baking tray. To make the almond butter, beat the softened butter with a drop of almond extract and the icing sugar. Set aside.

**2** In a shallow dish (that will fit 2 slices of bread snugly), combine eggs, cream, sugar, spices and vanilla. Put 2 slices of bread into the soaking dish, then turn to soak the other side (don't keep in the egg mixture for too long).

**3** Melt ½tbsp plain butter over a medium heat in a large frying pan. Fry bread for 3min, then turn over and fry for a further 2min so it is golden on both sides. Transfer toast to the wire rack and put into the oven to keep warm while you repeat the process with the remaining slices of bread and the plain butter. Serve French toast with a spoonful of almond butter, a drizzle of maple syrup and streaky bacon, if you like.

**PER SERVING** 581cals, 13g protein, 33g fat (19g saturates), 56g carbs (27g total sugars), 3g fibre

## Bread Basket Eggs

*We love dippy eggs, so have given timings for a runny yolk – cook your eggs for slightly longer if you want a more set yolk.*

Hands-on time **10min**. Cooking time **about 40min**. Serves **4**

- ◆ 4 crusty bread rolls, about 12.5cm (5in)
- ◆ 4 large eggs
- ◆ 4tbsp double cream
- ◆ 25g (1oz) Parmesan, finely grated
- ◆ Truffle oil, for drizzling, optional

**1** Preheat oven to 160°C (140°C fan) mark 3. Cut the tops off the bread rolls and pull out most of the soft bread inside. Crack an egg into one roll, drizzle 1tbsp cream around the yolk, top with a quarter of the cheese and season well. Put the bread lid back on and transfer to a baking tray. Repeat with remaining rolls and eggs. Bake for 35-40min (ours took 37min) until whites are just set. Remove from oven but leave lids on for 5min to continue cooking egg slightly before serving. This should give you a runny yolk. For extra decadence, drizzle with a little truffle oil, just before serving.

**PER SERVING** 258cals, 12g protein, 17g fat (8g saturates), 13g carbs (1g total sugars), 1g fibre

**GH TIP** To bake eggs without bread, preheat oven to 180°C (160°C fan) mark 4. Crack egg into a 125ml (4fl oz) ramekin, drizzle over cream, sprinkle with Parmesan and season. Put into a shallow roasting tin and fill with hot water that reaches halfway up the ramekins. Bake for 14min until white is set but yolk is runny. Eat immediately, with toasted bread soldiers, if you like. □







Designed and made by Howdens.  
Supplied and fitted by your local builder.

Kitchen featured is Burford Cream





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# The great Easter TASTE TEST

Drum roll, please...  
It's time to announce  
the winners of one of  
our most eagerly  
anticipated annual  
tests. We've nibbled  
mountains of  
chocolate eggs,  
chomped our way  
through dozens of  
hot cross buns and  
munched on slice  
after slice of  
simnel cake to find  
the very best  
Easter treats

## HOW WE TEST

All our Easter treats were blind tested in the GHI by a specialist team, who were looking at appearance, aroma, flavour and texture.





KIDS WILL LOVE THIS  
*Marks & Spencer Coco Panda Egg*

MAY THE FORCE BE WITH THEM  
*Marks & Spencer Star Wars Darth Vader Egg*

THE LOWDOWN IN NUMBERS:  
**200**  
EASTER EGGS  
ON TRIAL

THE LOWDOWN IN NUMBERS:  
**£1.99**  
THE CHEAPEST  
EASTER EGG

SOPHISTICATED STYLE  
*Heston from Waitrose Golden Egg*

GREAT FOR A GET-TOGETHER  
*Tesco Finest\* Belgian Milk Chocolate  
Hand Decorated Egg*

THE LOWDOWN IN NUMBERS:  
**55**  
TASTERS

THE LOWDOWN IN NUMBERS:  
**£88**  
MOST EXPENSIVE  
EASTER EGG

TOP OF THE CHOC  
*Waitrose Caramel Fudge Chocolate Egg*

Turn over for test results  
for all our seasonal specialities







# PUSH THE BOAT OUT.

Traditionally hand-smoked Scottish haddock,  
potatoes, onions and fresh double cream.  
Created with the skill and dedication of four  
generations of the Baxter family.



BECAUSE TASTE MATTERS



# It's chocolate heaven!

The results are in: meet GH's top five



## OVERALL WINNER

WAITROSE HAND DECORATED CARAMEL FUDGE CHOCOLATE EGG

82/100

£7 (185g)

- Indulgent milk and dark chocolate egg, drizzled with chewy caramel and sprinkled with fudge pieces
- Our tasters loved the delicious mix of textures and flavours
- Excellent value for money



## BEST FOR TEENS

MARKS & SPENCER STAR WARS DARTH VADER EGG  
78/100

£7 (225g)

- Has wow factor - we loved the novelty Darth Vader helmet design
- Delicious milk chocolate

### TEEN EGGS SHORTLISTED:

**Chococo Dorset Honeycomb Egg**, 75/100, £10 (175g) - studded with sticky honeycomb ● **Tesco Chokablok Banoffee Bonanza Egg**, 72/100, £4 (300g) - milk egg with delicious dried banana and toffee pieces ● **M&S Nancy Hen**, 70/100, £10 (375g) - really fun design ● **Thorntons Caramel Cheesecake Egg**, 68/100, £15 (448g) - caramel, fudge and biscuit add crunch to milk chocolate shell



**BEST FOR GROWN-UPS**  
HESTON FROM WAITROSE GOLDEN EGG  
79/100

£20 (270g)

- Rich, dark chocolate shell holds fruity, mandarin-flavour mini eggs
- Such a clever idea - the 'straw' the mini eggs sit on is edible too!

### GROWN-UP EGGS SHORTLISTED:

● **Prestat Red Velvet Truffle Easter Egg**, 78/100, £15 (170g) - truly indulgent ● **M&S The Coffee Lovers Egg**, 78/100, £8 (240g) - perfect for coffee fans ● **M&S Feuilletine Milk Chocolate Egg**, 78/100, £15 (345g) - stunning gold decoration ● **Harrods Handmade Easter Egg**, 78/100, £29.99 (500g) - luxurious ● **Lir Superb Hand Decorated Splash Egg**, 74/100, £10 (300g) - white chocolate shell, arty design



**BEST FOR KIDS**  
MARKS & SPENCER COCO PANDA EGG  
81/100

£10 (370g)

- So cute - move over, Colin the Caterpillar!
- Creamy and delicious mix of white and dark chocolate

### KIDS' EGGS SHORTLISTED:

● **Bettys Milk Chocolate Happy Easter Egg**, 78/100, £14.95 (180g) - smooth and creamy ● **Tesco Doug The Dinosaur**, 74/100, £4 (200g) - fun, hollow dinosaur-shaped design ● **Aldi Milk Chocolate Lamb**, 73/100, £1.99 (200g) - great price ● **Divine Shaun the Sheep Milk Chocolate Egg**, 63/100, £5 (55g) - Fairtrade chocolate, comes with fluffy ears!

## BEST FOR SHARING

TESCO FINEST\* BELGIAN MILK CHOCOLATE HAND DECORATED EGG  
77/100

£12 (1kg)

- Eye-catching design - this hand-decorated egg would make a great centrepiece
- Giant 1kg egg means there's enough for a crowd

**SHARING EGGS SHORTLISTED:** Asda Tower, 77/100, £10 (450g) - impressive pyramid of milk chocolate eggs ● **Demarquette Hot Cross Easter Eggs**, 74/100, £12 (for 6) - decadent and filled with flavoured caramel ● **Bettys Chocolatiers Egg 2015**, 72/100, £80 (1.3kg) - beautifully finished ● **Green & Black's Tasting Collection Egg**, 67/100, £17.99 (525g) - something for everyone



## WE WERE SPLIT OVER...

MARMITE EASTER EGG, £5 (190g)

The Marmite ad says you'll love it or hate it. The same is true of its controversial new Easter egg. Some tasters loved the chocolate's salty taste, while others weren't keen on the rather beefy aroma.



# Simply delicious simnel cake



We tried 7 simnel cakes altogether...  
Our winner?  
*The Cake Academy  
Simnel Cake*

## OVERALL WINNER

THE CAKE ACADEMY  
SIMNEL CAKE  
**76/100**

£10 (740g)

- Well-spiced cake with a strong orange flavour
- Attractively presented, with a pretty daisy decoration

Stockist: tesco.com

## RUNNERS UP



ASDA  
EXTRA SPECIAL  
SIMNEL CAKE  
**74/100**

£8 (740g)

- Moist cake, packed with plenty of plump fruit



FIONA CAIRNS  
SIMNEL CAKE  
**74/100**

£12.99 (830g)

- Beautifully decorated and finished with a thick marzipan layer
- A delicately spiced, light sponge

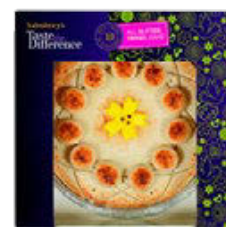
Stockist: waitrose.com



MARKS &  
SPENCER  
SIMNEL CAKE  
**71/100**

£12 (940g)

- Sticky, dense cake with a thick layer of marzipan



SAINSBURY'S  
TASTE THE  
DIFFERENCE  
SIMNEL CAKE  
**70/100**

£9 (740g)

- Pleasant citrus flavour
- A little dry and lacking in fruit

## Sensational salted caramel truffles

Find more Tried & Tested results for your favourite foods at [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute)

# Heavenly hot cross buns

## RUNNERS UP



## OVERALL WINNER

MORRISONS M  
SIGNATURE HOT  
CROSS BUNS  
**79/100**

£1.19 FOR 4

- Generously sized
- Nicely spiced, with plenty of soft, juicy fruit



TESCO  
FINEST\* HOT  
CROSS BUNS  
**78/100**

£1.50 FOR 4

- The fruit has been soaked in orange juice, which gives the buns a zesty flavour



MARKS &  
SPENCER LUXURY  
HOT CROSS  
BUNS  
**78/100**

£1.60 FOR 4

- Just the right amount of spice
- Packed with plump fruit and mixed peel



SAINSBURY'S  
TASTE THE  
DIFFERENCE  
HOT CROSS  
BUNS  
**76/100**

£1.50 FOR 4

- Beautifully glazed and generously fruited with raisins and currants

ASDA EXTRA  
SPECIAL HOT  
CROSS BUNS  
**69/100**

£1 FOR 4

- Delicious cinnamon flavour and lovely sticky glaze, but a little dry once toasted



We tasted 12 brands of buns.  
Go on – butter us up another!



# Get the SCOOP



*Why not make this Easter extra special with Carte D'Or ice cream? These gorgeous recipes and ideas will mean you have the perfect pudding for every occasion*

**CARTE  
D'OR**

## **Ice cream layer cake**

Turn the page to find out how to make this delicious cake, plus more recipes and ideas with Carte D'Or ice cream.







## Carte D'Or Layer Cake

*Make this cake the day before you want to serve it to give it enough time to set firm.*

Hands-on time **20min**, plus freezing. Cooking time about **5min**. Serves **12**

- ◆ Butter, to grease
- ◆ 400g jar chocolate hazelnut spread
- ◆ 2 x 900ml tubs Carte D'Or in your favourite flavours (we used Gelateria Chocolate Inspiration and Rum and Raisin)
- ◆ 75g (3oz) amaretti biscuits, roughly crushed

**1** Grease and line the base and sides of an 18cm (7in) round loose-bottomed cake tin with baking parchment.

**2** Gently heat the chocolate hazelnut spread in a small pan until runny. Spoon half of the first tub of ice cream into the tin and spread in an even layer to cover the base. Spread a quarter of the softened chocolate hazelnut spread over the ice cream and scatter over a quarter of the crushed biscuits. Freeze tin for 20min or until set.

**3** Repeat layering and freezing process with the remaining ice cream, chocolate spread (soften for each layer) and biscuits, alternating the ice cream flavours, to make four layers.

**4** Freeze cake overnight. Using a palette knife, unmould cake, remove lining paper and carefully transfer to a serving plate. Cut into slices and serve immediately.



## TIP

Ice cream sandwiches make an unusual alternative Easter pudding

## Ice cream cookie sandwiches

We all know cookies and ice cream make a winning combination. It's all about pairing your favourite flavours – why not try lemon shortbread with delicious Carte D'Or Strawberry ice cream, or chocolate biscuits with gorgeous Carte D'Or Gelateria Chocolate Inspiration ice cream.



### GHI EXPERT APPROVAL

The Vanilla, Strawberry and Gelateria Chocolate Inspiration flavours of Carte D'Or ice cream have been awarded the Good Housekeeping Institute Approved endorsement. GHI experts and a consumer panel test for taste, texture, aroma and overall appearance. Only products that pass this consumer Quality Assessment test are endorsed by the Good Housekeeping Institute.





## Fudgy Hazelnut Brownies

*Serve these lusciously gooey brownies with a scoop of irresistible Carte D'Or Gelateria Blueberry & Vanilla, one of the new flavours in the Carte D'Or Spring/Summer range*

Hands-on time **15min**, plus cooling. Cooking time about **40min**. Cuts into **16 squares**

- ◆ **200g (7oz) butter, plus extra to grease**
- ◆ **200g (7oz) good quality dark chocolate, broken into pieces**
- ◆ **300g (11oz) caster sugar**
- ◆ **4 medium eggs, beaten**
- ◆ **2tsp vanilla extract**
- ◆ **100g (3½oz) plain flour**
- ◆ **50g (2oz) cocoa powder**
- ◆ **150g (5oz) blanched whole hazelnuts**

**1** Preheat oven to 180°C (160°C fan) mark 4. Grease and line a 20.5cm (8in) square tin with baking parchment.

**2** Put the butter and chocolate into a heat-proof bowl set over a pan of barely simmering water and stir frequently until melted and smooth. Take off the heat and allow to cool for 5min. Beat in the sugar, then the eggs and vanilla, with a wooden spoon. Sift over the flour and cocoa powder and

stir to combine. Fold in most of the hazelnuts.

**3** Tip the mixture into the prepared tin and scatter over the remaining hazelnuts. Bake for 30-35min.

**4** Allow to cool in tin for 3hr, or overnight if possible, to allow the brownie to set firmly. Cut into 16 squares. Serve these chewy chocolate brownies with a scoop of fruity Carte D'Or Gelateria Blueberry Vanilla ice cream for a perfectly paired Easter pudding.





# Make it special

*Dress up a sumptuous selection of Carte D'Or ice cream with chocolate sauce, wafers or a sprinkling of crushed biscuits*





## Rhubarb Crumble Loaf Cake

*Pair a slice of this cake with Carte D'Or Strawberry*

Hands-on time **20min.** Cooking time about **1hr 15min.** Cuts into **10 slices**

### *For the crumble topping*

- ◆ 15g (½oz) butter, chilled and cut into cubes
- ◆ 25g (2oz) self-raising flour
- ◆ 15g (½oz) demerara sugar

### *For the cake*

- ◆ 100g (3½oz) butter, at room temperature
- ◆ 200g (7oz) caster sugar
- ◆ 3 medium eggs, lightly beaten
- ◆ 100g (3½oz) sour cream
- ◆ 1tsp vanilla extract
- ◆ 200g (7oz) self-raising flour
- ◆ 225g (8oz) rhubarb, trimmed and cut into 5mm (¼in) slices

**1** Preheat oven to 180°C (160°C fan) mark 4 and line a 900g (2lb) loaf tin with baking parchment, making it a little taller than sides of tin. For crumble topping, put cold butter and flour into a bowl, then rub together with fingertips until it resembles rough breadcrumbs. Stir in sugar; set aside.

**2** To make cake, put softened butter into a separate bowl with sugar and beat together with a handheld electric whisk until pale and fluffy. Gradually whisk in eggs, then sour cream and vanilla. Use a large metal spoon to fold in flour and two-thirds of the rhubarb. Spoon mixture into prepared tin, level surface, then scatter over remaining rhubarb; sprinkle with crumble mixture.

**3** Bake for 1hr 15min or until golden and a skewer pushed into centre comes out clean. Serve warm with a scoop of fruity Carte D'Or Strawberry.

## Tea time treat

*This lovely fruit-based cake is set off perfectly by a scoop of delicious Carte D'Or Strawberry ice cream*



## Mix and match ice cream

Next time you're hosting a dinner party, why not offer your guests a delicious selection of divine ice creams. Serve the scoops in beautiful vintage dishes on a tray or pretty platter – the luxurious combination of Carte D'Or Caramel, Chocolate Inspiration, Salted Caramel and new Praline is perfect for a sophisticated pudding after supper.





## TIP

Pink lemonade looks fabulous in retro-style glass containers, adorned with a little Carte D'Or ice cream

## Apricot and Almond Tart

*This patisserie-worthy tart is incredibly easy to make and goes beautifully with smooth Carte D'Or Vanilla*

Hands-on time **15min**. Cooking time about **30min**. Serves **8-10**

- ◆ 100g (3½oz) apricot jam
- ◆ 320g sheet ready-rolled all-butter puff pastry
- ◆ Icing sugar, to dust
- ◆ 250g (9oz) marzipan
- ◆ 2 x 410g tin apricot halves in syrup, drained
- ◆ 15g (½oz) flaked almonds

**1** Preheat oven to 200°C (180°C fan) mark 6. In a small pan, heat the apricot jam with 2tsp water until runny and keep warm. Unroll pastry sheet and put on to a large baking tray. Score a border 2cm (¾in) around edge of pastry.

**2** Dust a work surface with icing sugar and roll the marzipan into a rectangle the same size as the pastry inside the border. Brush a thin layer of the warm jam over pastry (don't brush the border). Lay the marzipan on top of the jam and press down to stick. Prick the marzipan and pastry all over with a fork (don't prick border).

**3** Pat apricots dry with kitchen paper and arrange on top of marzipan in neat rows, cut side up. Brush remaining jam on top of fruit. Sprinkle over flaked almonds.

**4** Bake the tart for 25-30min until golden. Serve warm in slices with a generous scoop of smooth Carte D'Or Vanilla.

## Lemonade ice cream float

This sophisticated version of a float is a bit more grown up than the one you had as a kid! Fill a good-sized glass with pink lemonade and top with a generous scoop of Carte D'Or Vanilla and Crema di Mascarpone ice cream. Add sprinkles and a straw. Or try a double chocolate version using hot chocolate and Carte D'Or Gelateria Chocolate Inspiration ice cream.





## Elegant dessert

*Classic apricot and almond flavours combine perfectly in this impressive tart - especially when partnered with indulgent Carte D'Or Vanilla ice cream*





## Ice cream filled Easter egg

Why not have some family fun this Easter with Carte D'Or ice cream? Try this quirky twist on the traditional chocolate egg. Remove the top of a small hollow chocolate egg with a sharp knife, making a hole just large enough to insert a spoon. Fill with softened Carte D'Or Vanilla ice cream and place the egg in the freezer. Remove just before serving and peel away enough of the edge of the chocolate to reveal some of the ice cream. Serve in a pretty bowl, adding a good dollop of apricot jam for the yolk – and enjoy!



## What the experts say

The Good Housekeeping Institute tested and passed three of the Carte D'Or ice cream flavours – Vanilla, Strawberry and Gelateria Chocolate Inspiration. Here is what some of the experts at the GHI had to say.

### CARTE D'OR VANILLA

*'Tastes rich, creamy and with an authentic vanilla flavour. Attractive black vanilla seeds.'*

### CARTE D'OR STRAWBERRY

*'Sweet strawberry flavour, lovely natural pieces of strawberry with a vibrant colour.'*

### CARTE D'OR GELATERIA CHOCOLATE INSPIRATION

*'The taste is creamy, light and sweet. Lovely chocolate smell and subtle chocolate flavour.'*

Visit [cartedorscoop.co.uk](http://cartedorscoop.co.uk) for further information on the Carte D'Or collection, including the Classic and Gelateria ranges.

**CARTE  
D'OR**

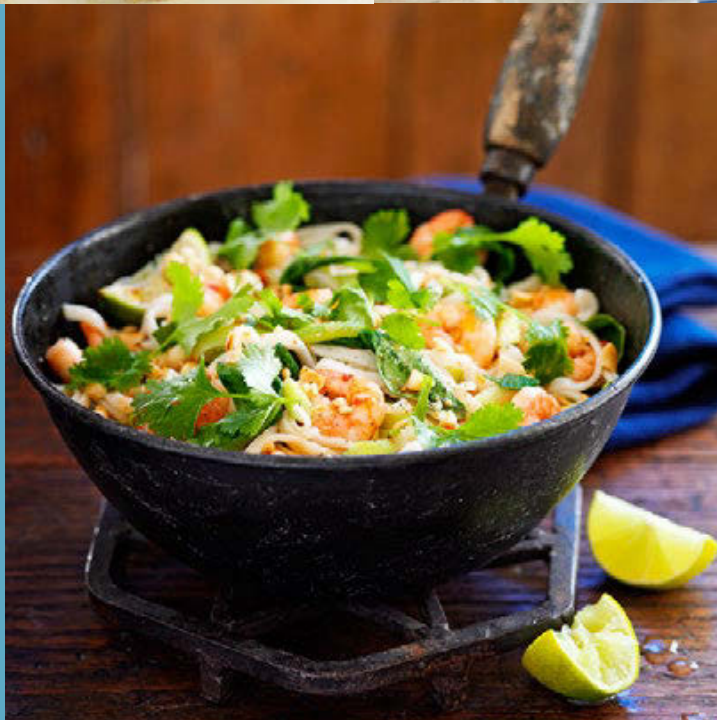


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# Choco

## CHOCOLATE MARBLE CAKE



*This mouthwatering masterpiece  
is best enjoyed at ROOM  
TEMPERATURE. We advise  
removing it from the fridge two  
hours before slicing*



# Late

As any aficionado knows, chocolate is a serious business. So if the Easter bunny has left you craving something a little more adult, look no further than these decadent and sumptuous Triple Tested showstoppers...

PHOTOGRAPHY MYLES NEW

## *for grown-ups*

**GLUTEN-FREE  
SALTED  
CHOCOLATE  
COOKIES**

*These dark chocolate cookies  
are made even better with a  
sprinkling of SEA SALT for  
a sophisticated twist*





*From the BITTER Oreo biscuit base to the dense FUDGY filling, this pie is a chocolate lover's dream*



## AFTER DINNER MINTS

Hands-on time **about 25min**, plus cooling and setting. Cooking time **about 10min**. Makes **48**

- ❖ 400g (14oz) dark chocolate, finely chopped
- ❖ 400g (14oz) icing sugar, sifted
- ❖ ½tbsp liquid glucose
- ❖ ½tsp peppermint essence

**1** Put 200g (7oz) chocolate into a heatproof bowl set over a pan of gently simmering water, and stir regularly until chocolate has melted (see GH Tip). Spread out in a thin rectangle, about 30.5 x 40.5cm (12 x 16in), on a baking sheet lined with parchment paper. Leave to set in a cool place (not the fridge).

**2** Mix together the icing sugar, liquid glucose, peppermint essence and 4½tbsp water until it forms a thick paste. Using a hot palette knife, spread all over the cooled chocolate and allow to set for about 20min.

**3** Melt the remaining chocolate and spread over the mint; leave to set. With a hot knife, cut into 5cm (2in) squares.

**PER MINT** 124cals, 1g protein, 4g fat (2g saturates), 21g carbs (21g total sugars), 0g fibre

## GH TIP TEMPERING CHOCOLATE

For the best shine and snap, it's best to temper your chocolate. For the first layer of After Dinner Mints, put 50g (2oz) chopped chocolate into the fridge to chill. Then put 150g (5oz) chopped chocolate into a heatproof bowl over a pan of simmering water (make sure the bowl doesn't touch the water). Slowly melt the chocolate, bringing it up to 55-58°C (make sure your thermometer doesn't touch the bottom of the bowl). Pour a third of the chocolate into a separate bowl; set aside in a cool place. Stir the fridge-cold chocolate into the main bowl of melted chocolate to lower the temp until 28-29°C. Add reserved melted chocolate back into the main bowl to increase the temp to 31-32°C (replace over the simmering water, if you need to). As soon as it reaches 32°C, remove from heat and stir until smooth. Repeat for the second layer.

## CHOCOLATE MUD PIE

Hands-on time **35min**. Cooking time **about 45min**, plus chilling. Serves **12-14**

### FOR THE BASE

- ❖ 100g (3½oz) unsalted butter, melted, plus extra for greasing
- ❖ 30 Oreo cookies, about 325g (11½oz)

### FOR THE FILLING AND TOPPING

- ❖ 350g (12oz) dark chocolate, plus extra for decorating
- ❖ 175g (6oz) butter
- ❖ 4 medium eggs
- ❖ 175g (6oz) dark brown muscovado sugar
- ❖ 550ml (19fl oz) double cream
- ❖ 2tbsp golden syrup
- ❖ 5tbsp icing sugar

**1** Grease the sides and base of a 23 x 4cm (9 x 1½in) loose-bottomed tart tin with butter. In a food processor, whiz the Oreos to fine crumbs, then mix in the melted butter. Press the mix into the tin, lining the base and sides: use your fingers to push it into the fluted edges. Chill in the fridge while you make the filling.

**2** Preheat the oven to 180°C (160°C fan) mark 4. Melt 200g (7oz) of the chocolate and the butter gently in a bowl over a pan

of simmering water. Set aside to cool a little. Whisk the eggs and sugar for 5min with an electric hand whisk, until light and creamy. Fold in the chocolate mixture and 200ml (7fl oz) of the cream. Spoon into the tart case and bake for 35-40min until puffed up and just set. Let the pie cool for 30min – it will sink on cooling, allowing room for the topping.

**3** Meanwhile, make the fudge topping by gently heating the remaining 150g (5oz) chocolate, 150ml (5fl oz) double cream, the golden syrup and 3tbsp icing sugar. Pour over the pie, spreading to the edges, and put in the fridge for 30min to chill.

**4** Remove the pie from the tin. Whip the remaining 200ml (7fl oz) cream and 2tbsp icing sugar to soft peaks, and pile on to the pie. Top with gratings of chocolate.

**GH TIP** Make to the end of step 3 a day in advance for a get-ahead dessert. Remove from the fridge an hour before serving, and top with the cream and chocolate.

**PER SERVING** (for 12) 793cals, 6g protein, 59g fat (35g saturates), 58g carbs (49g total sugars), 2g fibre  
**PER SERVING** (for 14) 679cals, 5g protein, 51g fat (30g saturates), 50g carbs (42g total sugars), 1g fibre



## ADULT TREAT

*Serve these after dinner with COFFEE or a DESSERT WINE to really impress your guests. For added gloss and snap, we recommend tempering your chocolate*





CHOCOLATE *and* HAZELNUT  
*is a match made in heaven, but you  
can fill this loaf with any flavour of  
chocolate spread*



SENSATIONAL SWIRLS



## CHOCOLATE STAR BREAD

Hands-on time **1hr 5min**,  
plus rising. Cooking time  
**about 20min**. Serves **8**

- ❖ **2tsp dried active yeast**
- ❖ **50g (2oz) caster sugar**
- ❖ **375g (13oz) plain flour,**  
**plus extra for dusting**
- ❖ **75g (3oz) full-fat plain**  
**yogurt, at room**  
**temperature**
- ❖ **75g (3oz) unsalted**  
**butter, melted and**  
**cooled until lukewarm**
- ❖ **1 large egg, beaten,**  
**at room temperature**
- ❖ **Sunflower oil, for**  
**greasing**
- ❖ **200g (7oz) chocolate**  
**hazelnut spread – we**  
**used Nutella**
- ❖ **1tsp milk for glazing**
- ❖ **1tbsp chopped hazelnuts**

**1** In a large bowl, mix together the yeast, 1tsp of the sugar and 75g (3oz) of the flour, then stir in 100ml (3½fl oz) warm water, cover with clingfilm and leave in a warm place for 15min until bubbly. Stir in the remaining sugar and flour, the yogurt, butter, egg and 1tsp salt, and knead for 10min until the dough is springy and pliable, using a little flour only if you need to. Place the dough in a lightly oiled bowl, cover with clingfilm and leave at room temperature for about an hour until doubled in size. **2** Meanwhile, gently warm the chocolate spread in a bowl set in a larger bowl of hot water for 10min. Divide the dough into four. Using a dinner plate about

25.5cm (10in) as a guide, roll each piece of dough into rough circles the size of the plate. Line a baking tray with baking parchment, place a dough circle on top, then cover with 3tbsp of chocolate spread. Repeat this for two more layers, then top with the fourth circle. This last layer should be left plain.

**3** Put the dinner plate on top and use it as a template to trim the dough into a perfect circle. Put a glass, 7.5cm (3in) diameter, in the centre of the dough circle, and gently press to make an indentation. Leaving the central circle intact (like the centre of a flower), cut the outer dough into quarters so you have four thick ‘petals’. Cut each petal into quarters so you end up with 16. Lift a petal and twist it three times before replacing it. Then twist the next petal three times in the opposite direction. Continue twisting petals in alternate directions. Finish by tucking the ends of each petal underneath to give a rounded edge. Cover the dough with lightly oiled clingfilm, and leave to rise for 45min.

**4** Preheat oven to 180°C (160°C fan) mark 4. Lightly brush the dough with milk and sprinkle the centre with the chopped hazelnuts. Bake for 15-20min, until golden and puffed up. Serve warm.  
**PER SERVING** 432cals, 8g protein, 19g fat (8g saturates), 56g carbs (22g total sugars), 2g fibre



★ If you like these recipes, try our **Triple Chocolate Banana Bread**, too. Find it at [goodhousekeeping.co.uk/food/recipes/triple-chocolate-banana-bread](http://goodhousekeeping.co.uk/food/recipes/triple-chocolate-banana-bread)

*This GOOEY chocolate cake originates from Sweden and is similar to a BROWNIE. Don't overbake it, as the centre should be squidgy and moist*



## SWEDISH CHOCOLATE CAKE

Hands-on time **15min**. Cooking time **about 40min**, plus cooling. Serves **8**

- ❖ **200g (7oz) unsalted butter,**  
**plus extra for greasing**
- ❖ **175g (6oz) plain flour**
- ❖ **75g (3oz) cocoa powder**
- ❖ **500g (1lb 2oz) granulated**  
**sugar**
- ❖ **1tsp vanilla extract**
- ❖ **4 large eggs, lightly beaten**
- ❖ **Icing sugar, to dust**

**1** Preheat oven to 180°C (160°C fan) mark 4. Grease the base and sides, and line the base, of a deep 20.5cm (8in) loose-bottom

round cake tin. Gently melt the butter in a small pan, then set aside to cool.

**2** In a large bowl, mix the flour, cocoa powder and sugar. Stir in the cooled butter followed by the vanilla extract and eggs to make a thick batter. Spoon into the tin and bake for 45min-1hr, or until the top has formed a crust but still gives a little when you press it. Cool for 45min-1hr, before turning out and dusting with icing sugar to serve warm.

**PER SERVING** 593cals, 8g protein, 26g fat (15g saturates), 80g carbs (63g total sugars), 2g fibre







## SALTED CHOCOLATE COOKIES

*Hands-on time* **20min.**  
*Cooking time* **about 16min.** *Makes* **16 cookies**

- ❖ 375g (13oz) icing sugar, sifted
- ❖ 100g (3½oz) cocoa powder, sifted
- ❖ 1tbsp cornflour
- ❖ 1 large egg, plus 2 large egg whites
- ❖ 2tsp vanilla extract
- ❖ 175g (6oz) dark chocolate chips
- ❖ Maldon sea salt flakes to decorate (optional)

**1** Preheat oven to 180°C (160°C fan) mark 4. Line two baking sheets with baking parchment.

**2** In a large bowl, mix icing sugar, cocoa, cornflour and 1tsp salt. In a jug, combine egg, egg whites and vanilla.

**3** Mix egg mixture into dry mixture (don't worry, it will come together) and fold in chocolate chips.

**4** Space heaped tbsps of dough 5cm (2in) apart on the baking sheets. Sprinkle over a little sea salt, if using. Bake for 14-16min until puffed up and cracked. Cool on the baking sheets; remove using a palette knife.

**PER SERVING** 184cals, 3g protein, 5g fat (3g saturates), 32g carbs (30g total sugars), 1g fibre

## CHOCOLATE MARBLE CAKE

*Hands-on time* **1hr 40min.**  
*Cooking time* **about 1hr 45min.**  
*Serves* **up to 24**

### FOR THE VANILLA SPONGE

- ❖ 350g (12oz) unsalted butter, softened, plus extra for greasing
- ❖ 600g (1lb 5oz) caster sugar
- ❖ 475g (1lb 1oz) flour
- ❖ ½tsp baking powder
- ❖ ¼tsp bicarbonate of soda
- ❖ 8 large eggs, at room temperature
- ❖ 1½tsp vanilla extract
- ❖ 250ml (9fl oz) sour cream

### FOR THE CHOCOLATE SPONGE

- ❖ 275g (10oz) flour
- ❖ 1tsp baking powder
- ❖ ½tsp bicarbonate of soda
- ❖ 75g (3oz) cocoa powder
- ❖ 350g (12oz) caster sugar
- ❖ 250g (9oz) unsalted butter, softened
- ❖ 175ml (6fl oz) sour cream
- ❖ 2 large eggs, plus 2 large egg yolks
- ❖ 1½tsp vanilla extract

### FOR THE BUTTERCREAM

- ❖ 350g (12oz) cook's plain 70% chocolate, broken into pieces
- ❖ 6 large egg whites
- ❖ 300g (11oz) icing sugar, sifted
- ❖ 400g (14oz) unsalted butter, softened

### FOR SHARDS

- ❖ 75g (3oz) dark chocolate
- ❖ 75g (3oz) white chocolate

### FOR THE GLAZE

- ❖ 125g (4oz) dark chocolate, finely chopped
- ❖ 75g (3oz) unsalted butter, softened

### FOR DECORATION

- ❖ Truffles

**1** Preheat oven to 180°C (160°C fan) mark 4. Lightly grease and line three 20.5cm (8in) cake tins, at least 10cm (4in) deep, with baking parchment.

**2** Begin by making vanilla sponge. In a large bowl, cream butter and sugar with an electric whisk for about 5min until light and fluffy. Into a medium bowl, sift flour, baking powder and bicarbonate of soda; add ¾tsp salt. In a large jug, beat eggs, vanilla extract and sour

cream. Set all mixtures aside.

**3** For the chocolate sponge: into a large bowl, sift together flour, baking powder, bicarbonate of soda and cocoa powder. Stir through sugar and ¾tsp salt. Add butter and beat gently with an electric whisk until mixture looks like wet sand. In a large jug, beat together sour cream, eggs, egg yolks and vanilla extract until smooth. Set mixtures aside, separate from vanilla sponge mixtures.

**4** Finish the vanilla sponge. Gently beat a third of the flour mixture into the creamed butter mixture, followed by half the sour cream mixture. Repeat with another third of the flour, the remaining sour cream and the final third of the flour, folding until smooth. Set aside.

**5** Finish the chocolate sponge. Gradually add the sour cream mixture and 100ml (¾fl oz) boiling water into the flour mixture, and beat until smooth.

**6** Divide the vanilla and chocolate sponge mixtures among the three cake tins, adding them in alternate spoonfuls. Swirl together with a palette knife (for the best marble effect, don't overmix). Bake in the middle of the oven for 1hr 10min-1hr 15min until springy to the touch. Leave to cool in the tins for 10min, then turn out on to a wire rack to cool completely. Remove parchment from sponges, and trim tops off so cakes are 5cm (2in) deep.

**7** Make the buttercream: melt the chocolate in a large bowl over a pan of barely simmering water. Remove from heat and set aside to cool for about 20min. Put egg whites into a large bowl with the icing sugar, and stir to combine. Set the bowl over the same pan of water and increase the heat slightly so it is simmering gently. Beat with an electric whisk for about 5min until thick and stiff like meringue, and a teaspoon stands upright in the mixture. Remove from heat and whisk for 10min until completely cooled, thick and stiff. Whisk the butter into the cooled, melted chocolate. Gradually add the chocolate



mixture to the meringue, whisking until light and fluffy. If it looks like it is going to split, either the chocolate or meringue were still warm; cool in the fridge for up to 15min. Beat again until smooth.

**8** Put the bottom layer on a 20.5cm (8in) round cake board, then spread with buttercream. Add the second and third layers, sandwiching them together with buttercream, and turning the top layer upside down to give the cake a flat surface. Spread the remaining buttercream over the top and side of the cake with a palette knife. For smoother edges, turn the cake slowly on a turntable as you ice it. Chill for 30min.

**9** Make the chocolate shards: gently melt the dark and white chocolate in separate bowls over pans of simmering water. On a baking sheet lined with baking parchment, pour the dark chocolate in a thin layer (about 3mm/¼in thick). Spoon the white chocolate on to the dark layer and swirl together with a spatula (don't overmix), tilting the tray to ensure the surface sets evenly. Set aside.

**10** For the glaze: put chocolate and butter in a medium bowl set over barely simmering water. Stir until melted. Pour over cake, smoothing the top with a clean palette knife and encouraging it to drip over the edges. Decorate with chocolate shards and truffles. Chill in fridge to set. Remove 2hr before serving.

**PER SERVING** (without decoration) 860cals, 10g protein, 50g fat (30g saturates), 89g carbs (66g total sugars), 2g fibre



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## THE LOWDOWN

# Lemon curd

*Tangy, sweet and utterly delicious, lemon curd is a treat for the tastebuds. Here's our ultimate recipe, the best shop-bought versions and more...*

Sunshine in a jar:  
lemon curd adds a  
teatime zing!



## MAKE IT LEMON CURD

6p\*  
per  
portion

Takes about 30min, makes 700g

(1½lb) In a heatproof bowl set over simmering water, stir together **juice and finely grated zest of 4 lemons**, and **125g (4oz) butter** until butter has melted. Add **350g (12oz) caster sugar** and stir until sugar has dissolved. Whisk in **4 medium eggs**, and continue to heat gently (do not boil) for 25min, or until thickened and the mixture coats the back of a wooden spoon. Strain through a fine sieve and immediately pot into sterilised jars. Store in fridge and use within two weeks.

**PER TABLESPOON** 66cals, 1g protein, 3g fat (2g saturates), 9g carbs (9g total sugars), 0g fibre

## CHEAT IT

Follow our recipe at [goodhousekeeping.co.uk/cheatslemoncurd](http://goodhousekeeping.co.uk/cheatslemoncurd) to make a cheat's version, thickened with cornflour and using a microwave.

### Twist on the classic

Replace the lemons  
with the zest and  
juice of 5 limes for  
a fruity lime curd.

### Did you know

Lemon curd also used  
to be known as  
'lemon cheese' and  
was served with bread  
or scones for tea.

7p\*\*  
per  
portion

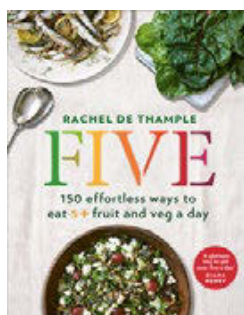
## BUY IT

The lemon curds we tried were very hit and miss. Our favourite, from **Marks & Spencer**, £2 for 340g, had the perfect balance of zingy citrus flavour and sweetness. This creamy, glossy treat would be delicious spread over scones, as a cake filling or in a traditional lemon meringue pie. A close runner-up was **Sainsbury's Taste the Difference Lemon Curd** for a slightly firmer set, £1.50 for 320g.

## COOKING THE (HEALTH-CONSCIOUS) BOOKS

### ◆ Five

Rachel de Thamples new book gives you 150 recipes to help you eat your five-a-day. Each dish highlights the number of fruit and veg servings, and some even sneak in all five! £14.99, Ebury Publishing.



### ◆ Royal Marsden Cancer Cookbook

Although there's no special diet for those with cancer, eating healthily is vital. In this supportive book, full of delicious, nourishing recipes, Consultant Dietician Clare Shaw gives advice on what to eat during treatment. £19.99, Kyle Books.



### ◆ The Best Gluten-Free And Dairy-Free Baking Recipes

Cutting the gluten and dairy out of classic bakes is no mean feat. Grace Cheetham provides definitive adapted recipes for traditional favourites. £14.99, Nourish Books. □





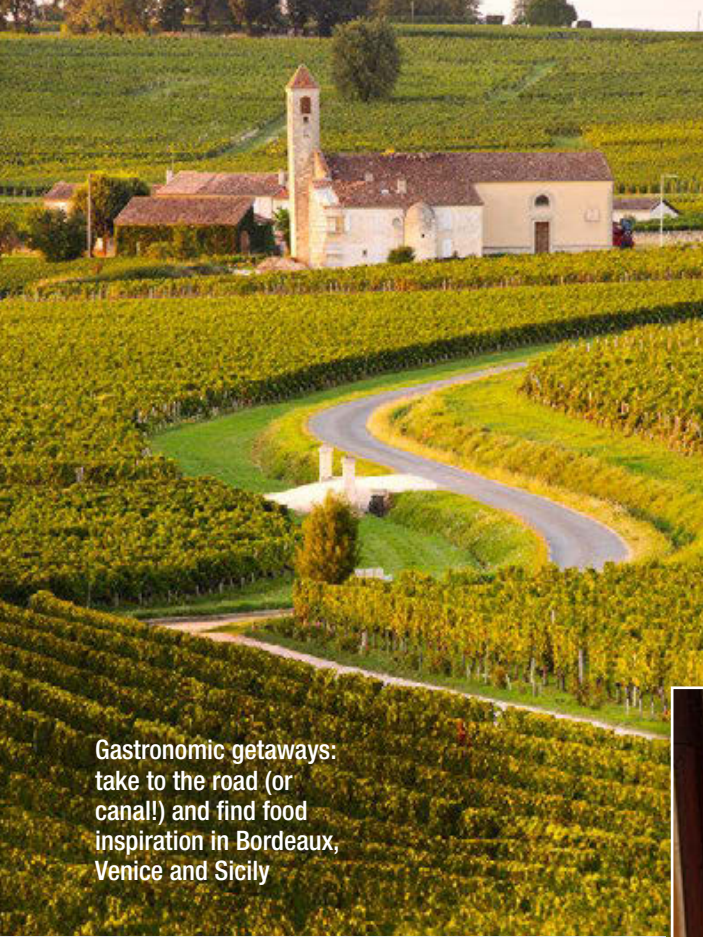
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Our love of food is increasingly becoming a reason to travel. Whether it's eating in restaurants serving traditional dishes, visiting markets full of produce grown, raised, harvested or caught on the doorstep or, best of all, learning how to cook regional specialities, food is an essential ingredient in experiencing local culture, says Travel Editor David Wickers



Feast on the fabulous food you make at Villa Casagrande

# Take a holiday à la carte

## Culinary getaway in the Veneto

**T**ravel an hour north of Venice to the foot of the Dolomites and you will find yourself in a beautiful but relatively unknown area of the Veneto. This is the location chosen by a company called Stirred for its newly launched cookery holidays. Based at the historic Villa Casagrande, its culinary getaways combine hands-on cookery classes, tastings and excursions to markets, local producers and vineyards to offer an authentic taste of this region of Italy.

Casagrande has been the home of the Conti Brandolini d'Adda family for generations; on arrival you are welcomed by the Contessa and taken on a tour of the recently restored villa. Luxurious yet delightfully laid back, its contemporary furnishings sit alongside artefacts from the family's military past, and original frescoes adorn the walls of some of the delightful guest rooms.

The resident chef guides guests through regional dishes such as risotto with red wine, cuttlefish stewed in its own ink and, of course, home-made pasta. There are also meals at outstanding restaurants and a trip to Venice to take in the sights and visit the produce markets – a feast for the eyes as well as the stomach.

*Gwen Mostyn*

● Prices from £2,495pp for six nights (in May, June, September and October), including tuition, meals, tours and tastings. Details: [stirredtravel.com](http://stirredtravel.com)



Class act: perfect your pasta making in the luxurious but laid-back Villa

Casagrande, in the foothills of the Italian Dolomites





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Sample a true taste of France with chef Katherine Frelon (right)

## Master French classics in Burgundy

A converted barn, heated swimming pool, herb gardens, courtyard and eight individually decorated rooms make up La Ferme de la Lochère, a cookery school in France's beautiful Burgundy region. It's the place to learn how to make croissants with the local village baker, master French classics like coq au vin and macarons, and whip up Middle Eastern-inspired dishes such as roasted chickpeas, sweet potato salad and sweet orange dressing.

Katherine Frelon, British chef and author, arranges five-day cookery courses to give visitors an authentic taste of France – but served up in a fresh, new way. With the perfect balance between hands-on time, demos and foodie activities, courses are suited to new cooks as much as to kitchen whizzes. You'll enjoy delicious three-course dinners cooked by the host, and visits including meals at Michelin-starred restaurants, shopping at Dijon's market and wine tasting. *Nathalie Bonney*

● Katherine's Gourmet Food and Wine course costs £2,450 for six nights, fully inclusive except for travel from UK. Other courses from £1,950. Details: [lafermedelalochere.com](http://lafermedelalochere.com)



Enjoy local wines and Michelin-starred food at Le Saint James

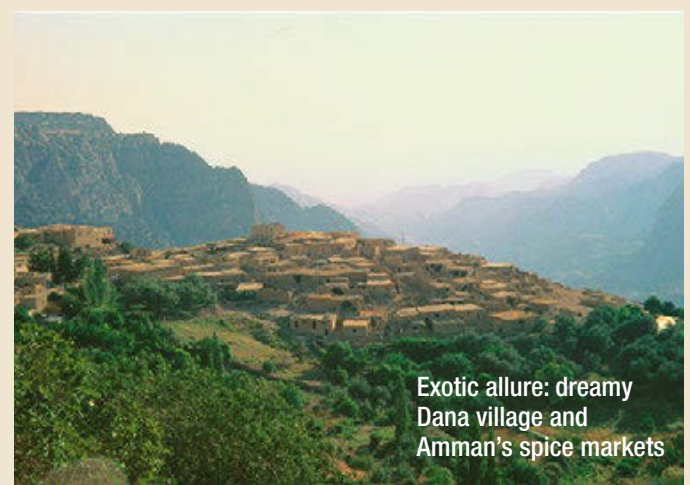


## Molecular gastronomy in Bordeaux

Nestled in the quaint village of Bouliac, 'the balcony of Bordeaux', is Le Saint James, a stylish farmhouse that's been transformed into a Relais & Chateaux boutique hotel. Intended to resemble the region's traditional tobacco drying barns, all of the rooms have wonderful panoramic views of the Garonne floodplain.

The Michelin-starred restaurant serves a classically French, locally sourced menu with clear molecular gastronomy influence: the food is as breathtaking as the view. After tasting the delights from the kitchen, make sure you take a class at the on-site cookery school. This is Bordeaux, after all. *Charlotte Watson*

● Doubles from €275 a night, classes from €65pp. Details: [saintjames-bouliac.com](http://saintjames-bouliac.com). Flights to Bordeaux with EasyJet from around £50 return. Details: [easyjet.com](http://easyjet.com)



Exotic allure: dreamy Dana village and Amman's spice markets



## Community feasts in Jordan

It's been a while now since Middle Eastern food became trendy and Yotam Ottolenghi introduced us to pomegranate molasses, though few have rushed to the region to sample its flavours. But could we have been missing a trick? Because Jordan is a real foodie treat. With Syria and Iraq to the east, and Israel and the West Bank to the west, it may sound dangerous but, as our guide told us, Jordan is a quiet town in a noisy neighbourhood.

In the capital, Amman, we breathed in spice store aromas and grabbed a juice from the stalls on every corner. For lunch, the city stopped for hummus, falafel and pitta, all served in crazy busy street cafés. We made our own dinner at Beit Sitti ([beitsittijo.com](http://beitsittijo.com)), where a young Jordanian, British-trained chef explained how she had returned to her country to teach others how to cook the region's dishes.

At the Dana National Reserve, about three hours south of Amman, we stayed at the Feynan Eco Lodge where the only food is veggie and, outside of the kitchens and reception, there is no electricity. You'll break bread with local Bedouin families and return in the dark with candles lighting the way. No alcohol here, but the hibiscus juice is a worthy substitute.

Further south, at the Zikra Initiative ([zikrainitiative.org](http://zikrainitiative.org)), visitors pay to learn local craft and cooking skills. Here we had the best food of all. Just a tomato and garlic stew, our galaya was served with flat bread and eaten with the village children sitting cross-legged on the floor. Unforgettable. *Michelle Hather*

● Flights with Royal Jordanian ([rj.com](http://rj.com)) from around £450 return. Doubles at Feynan Eco Lodge ([feynan.com](http://feynan.com)) from £110 a night. More details: [visitjordan.com](http://visitjordan.com)





Sicilian retreat: relax in the tranquil gardens of villa La Favorita

Sunset and sails in Marsala's salt flats, and (inset) a cookery class at La Foresteria

## Pasta making in Sicily

**B**reathtaking sea views, astonishing scenery, delicious food and poetic old towns – the west coast of Sicily has it all. Set in the picturesque green hills and vineyards of Menfi, La Foresteria offers 'Le Mani in Pasta', hands-on cooking classes with Chef Angelo. Offering a true experience of Sicilian cuisine and incorporating influences from the Greeks, Romans, Arabs and Spanish, Angelo combines the flavours that make Sicilian food so wonderful. Under his guidance, you can make fresh pasta, an aubergine-based dish called caponata and the famous cannoli pastries, all enjoyed with fine wine from local vineyards.

You don't even need to leave your villa to enjoy Sicilian cooking. Just outside Marsala, a historic hunting lodge, La Favorita, offers accommodation complete with a personal chef who'll whiz up traditional home-cooked dishes such as fish couscous and cassata Siciliana. *Ffion Griffiths*

● La Favorita costs from £5,841 per week for up to 12, plus £277 for an in-villa cook for all meals (excluding cost of ingredients and wine). Classes at La Foresteria cost from £95pp (minimum two people). Details: [thethinkingtraveller.com/thinksicily](http://thethinkingtraveller.com/thinksicily)

Fresh start: get to grips with Italian cooking

## 8 of my favourite eateries

The Bathers' Pavilion on Balmoral Beach, on **Sydney** Harbour's North Shore, is the perfect spot for a swim followed by a long lazy lunch prepared by Serge Dansereau, one of the city's many celebrity chefs. Details: [batherspavilion.com.au](http://batherspavilion.com.au)



Right at the end of the pier in **Santa Monica**, California, you'll find the Shellfish Company's casual shack of a restaurant serving lobster, calamari, crab, shrimp and oysters. It's fun, friendly, informal and affordable. Details: [sbfishhouse.com](http://sbfishhouse.com)

The Casamar at **Llafranc**, on the attractive northern stretch of the Costa Brava, is a modest hotel with a Michelin-starred restaurant facing the sea. My ideal 'restaurant with rooms'. Details: [hotelcasamar.net](http://hotelcasamar.net)

Le Bristol, a stone's throw from the Elysée Palace, is arguably the very best hotel in **Paris** with the very best restaurant. Eric Frechon's Epicure is a temple to gastronomy but surprisingly relaxed. Details: [lebristolparis.com](http://lebristolparis.com)

Right in the middle of the Turkish coastal town of **Fethiye** is a fish market. Choose what you fancy, then take your 'catch of the day' to one of the surrounding restaurants and have them cook it however you want, adding side dishes, wine and so on. Costs are minimal

Dinner at Ting on the 35th floor of the Shard is a marriage of Asian and modern European cuisine served with amazing views of Thameside **London** and way beyond. A perfect time to go is just before sunset, so you can watch the city turn from day to night. Or go for breakfast, lunch or tea (a choice of 30 different brews). A real treat. Details: [ting-shangri-la.com](http://ting-shangri-la.com)

My steak of the year was a 28-day aged New York Prime Rib enjoyed somewhere between Sicily and Albania. How could that be? I was on a ship, Regent Seven Seas Mariner, cruising **the Med** and feasting in Prime 7, one of her speciality restaurants. Details: [rssc.co.uk](http://rssc.co.uk)

The Lighthouse in the Suffolk seaside town of **Aldeburgh** is a regular haunt of mine, with most of its produce sourced from local fishermen, farmers,

market gardeners and duck breeders. Tell Sam the Man I sent you! Details: [lighthouserestaurant.co.uk](http://lighthouserestaurant.co.uk)







## A weekend to savour

Jersey bursts with places to enjoy a superb meal or a perfect pint. Michelin-starred places, where the oysters are so fresh, you can still taste the sea. Coastal places, where gastropubs and trendy cafés serve crab sandwiches so full, you'll need the miles of breathtaking beaches to walk them off! Country places deep in the island's lush interior, where cosy inns serving fresh-from-the-field produce are tucked away. And stylish places where, after a day exploring, you can simply relax and enjoy a soothing spa treatment. Add a mild climate, easy travel by air or sea from the UK and great-value offers, and you've discovered Jersey.

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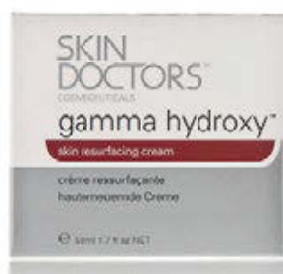


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- The Co-operative Loved by Us Hot Cross Buns
- The Co-operative Truly Irresistible Sea Salt and Chardonnay Vinegar Crisps
- The Co-operative Truly Irresistible Salted Crisps
- The Co-operative Truly Irresistible Cheese and Shallot Crisps
- The Co-operative Loved by Us Chicken and Bacon Sandwich
- The Co-operative Truly Irresistible Margherita Pizza
- The Co-operative Loved by Us Home-style Chips

- The Co-operative Loved by Us Farmhouse White Sliced Loaf
- The Co-operative Loved by Us Farmhouse Wholemeal Sliced Loaf
- Crosse & Blackwell Beef, Root Vegetable & Ale Soup
- Crosse & Blackwell Broccoli & Stilton Soup
- Crosse & Blackwell Cream of Tomato Soup
- Crosse & Blackwell Leek & Potato Soup
- Crosse & Blackwell Pea & Ham Soup
- Crosse & Blackwell Roast Chicken & Vegetable Soup
- Crosse & Blackwell Winter Vegetable Soup
- Crosse & Blackwell Roasted Red Pepper & Tomato Soup
- Iceland 4 Belgian Chocolate Majesties
- Iceland 4 Salmon Fillets
- Iceland Cheesy Potato Slices
- Iceland Yellow Fin Sole Lightly Dusted Fillets in Lemon & Parsley Marinade
- Tesco Bushytops Carrots
- Tesco Chilli Seed Snacking Mix
- Tesco Tri-coloured Potatoes
- Tesco Dried Williams Pear
- Tesco Finest Tomatoes Range

- Tesco Finest Elfe Salad Potatoes
- Tesco Finest Stir Fry Sauces
- Tesco Finest Wild Mushrooms

### FOOD & DRINK PREPARATION

- BHS Essentials 2 Slice Toaster
- BHS Essentials Pyramid Kettle
- BWT Water Filter
- Nescafé Dolce Gusto Jovia by De'Longhi
- Nescafé Dolce Gusto Oblo by Krups
- Dualit Vario Toaster
- Morphy Richards Redefine Hot Water Dispenser
- NutriBullet
- Panasonic SD-ZB2502 breadmaker
- Vitamix Total Nutrition Centre
- Vitamix Professional Series 500
- Vitamix Professional Series 750

### COOKING

- Fisher & Paykel OB60SL11DEPX1 and OB0605L9DEPX1 single ovens
- Go-Chef
- Leisure Cookers: 90cm, 100cm, 110cm
- Premier Housewares Eco-Cook cookware
- Tefal Actifry Family

- Tefal Actifry Express XL
- Tefal Actifry Original
- Tefal Ingenio Essentials Non-Stick
- Tefal Ingenio Induction
- Tefal OptiGrill

### HOUSEHOLD ITEMS

- BHS Ultimate towel range
- BHS Ultra Soft Sheeting range
- Cirrus BioEars ear plugs
- Harvey Water Softener
- Kinetico Water Softener
- PackMate Travel Storage Bags
- PackMate Vacuum Storage Bags Flat
- PackMate Vacuum Storage Bags Volume
- Shark Lift Away 5 in 1 Steam Mop
- Rest Assured Traditional Pocket Bed Collection
- Vileda Windowmatic

### MOTHER AND BABY

### HOUSEHOLD PRODUCTS

- iCandy Raspberry Pushchair
- Aldi Almat 2 in 1 Washing Powder
- Aldi Almat Colour Washing Tablets
- Aldi Almat Laundry Gel Biological
- Aldi Almat Laundry Gel Non-Bio
- Aldi Almat Laundry Powder Colour

- Aldi Almat Laundry Powder Non-Bio
- Aldi Almat Liquid Sachets 2 in 1
- Aldi Almat Liquid Sachets Bio
- Aldi Almat Liquid Sachets Non-Bio
- Aldi Almat Non-Bio Tabs
- Aldi Almat Super Concentrated Liquid Wash Bio
- Aldi Almat Super Concentrated Liquid Wash Colour
- Aldi Almat Super Concentrated Liquid Wash Non-Bio
- Aldi Powerforce Bathroom Cleaner
- Aldi Powerforce Bleach
- Aldi Powerforce Kitchen Cleaner
- Aldi Powerforce Multi-Action Cleaner
- Aldi Powerforce Shower Cleaner
- Aldi Anco So Soft Concentrated Fabric Conditioner
- Aldi Anco So Soft Naturals Fabric Conditioner
- Asda All in 1 Dishwasher Tablets
- Asda Ultimate All in 1 Dishwasher Tablets
- Asda Original Washing Up Liquid – all fragrances





# TRUSTED



- Asda Ultimate Washing Up Liquid – all fragrances
- Asda Gel Bio
- Asda Gel Sensitive Non-Bio
- Asda Gel Colour
- Asda Gel 2 in 1
- Asda Concentrated Liquid Bio
- Asda Concentrated Liquid Sensitive Non-Bio
- Asda Concentrated Liquid Colour
- Asda Concentrated Liquid 2 in 1
- Asda Fabric Conditioner
- Asda Liquid Capsules Bio
- Asda Liquid Capsules Sensitive Non-Bio
- Asda Liquid Capsules Colour
- Asda Liquid Capsules 2 in 1
- Asda Laundry Powder Bio
- Asda Laundry Powder Sensitive Non-Bio
- Asda Laundry Powder Colour
- Asda Laundry Powder 2 in 1
- Asda Little Angels Gel
- Asda Little Angels Liquid Capsules
- Asda Little Angels Fabric Conditioner
- Asda Little Angels Laundry Powder
- Asda Little Angels Concentrated Liquid
- Cushelle Toilet Tissue
- Dr Beckmann Colour & Dirt Collector
- Dr Beckmann Service-It Deep Clean Dishwasher Cleaner
- Dr Beckmann Service-It Washing Machine Cleaner

- e-cloth range
- Ecover All In 1 Dishwasher Tablets
- Ecover All Purpose Cleaner
- Ecover Laundry Gel Bio
- Ecover Laundry Gel Non-Bio
- Ecover Multi-Action Cleaner
- Ecover Non-Bio Concentrated Laundry Detergent
- Ecover Non-Bio Washing Powder
- Ecover Washing-Up Liquid
- Lidl Florals Kitchen Towels
- Morrisons Kitchen Roll
- Lidl Magnum Bathroom Cleaner
- Lidl Magnum Glass Cleaner
- Lidl W5 All In One Dishwasher Tablets
- Oven Mate Oven Cleaner
- Oven Pride
- Parozone 24hr Germ Kill Toilet Wipes
- Parozone In-Cistern Bleach
- Parozone Strongest & Thickest Bleach
- Persil Power Pro Dishwasher Tablets Lemon
- Persil Power Pro Dishwasher Tablets Original
- Persil Washing Up Liquid
- Plenty Dura Cloth
- Plenty The Big One
- Plenty The Fat One
- Plenty The Original One
- Tesco 5 in 1 Dishwasher Tablets
- Tesco AntiBac Cleaner Spray
- Tesco Fabric Conditioner
- Tesco Foil
- Tesco Non Bio Gel
- The Co-operative Washing Up Liquid
- Waitrose Bio Super Concentrated Liquid
- Waitrose Non-bio Super Concentrated Liquid
- Waitrose Bio Super Concentrated Liquid

- Waitrose Daily Shower Shine
- Waitrose Fabric Conditioner (all variants)
- Waitrose Bio Powder
- Waitrose Anti-bac Action Cleaner
- Waitrose Anti-bac Multi Surface Cleaner
- Waitrose Anti-bac Multi Surface Wipes
- Waitrose Non-bio Laundry Capsules
- Waitrose Toilet Cleaner
- Waitrose Anti-bac Multi Surface Cleaner
- IRONS**
- Bosch i-Temp range: TDA7060GB, TDI7020GB, TDS3771GB, TDS4571GB
- Hoover Ironspeed: Red Race, Aquamarine, Lavender
- Tefal Aquaspeed
- Tefal Freemove
- Tefal Pro Express GV8925 and GV8430
- Tefal Ultimate Anti Calc Steam Iron FV9630 and FV9640
- VACUUM CLEANERS**
- Gtech AirRAM
- Sebo D range
- Sebo Felix range
- HOUSEHOLD ELECTRICS**
- Brother Innov-is 55 sewing machine
- Kärcher Electric Window Vac
- Kärcher Steam Cleaner range
- Lumie Bodyclock range
- Panasonic KX-PRW120 Premium Digital Telephone
- Panasonic Ionic Toothbrush EW-DE92
- Panasonic Staincare Toothbrush EW-DL82
- Thane Direct X5 Mop
- Vax S3S+ Hard Floor Advance+ steam cleaner
- Vax Dual Power Reach carpet cleaner
- YouView set-top boxes
- HEALTH & BEAUTY**
- Crizal Forte UV Lenses
- Mark Hill Style and Shine Power Dryer



## GOOD HOUSEKEEPING READER RECOMMENDED

Look for this logo when you're shopping! It means the product or service has been best-tested by women just like you, at home or in their neighbourhood. They report back to the GHI experts before a final decision is made.



### FASHION & BEAUTY PRODUCTS & SERVICES

- Avon Anew Clinical A-F33 Pro Line Corrector Treatment Serum
- Colgate Max White One Optic
- Josef Seibel Footwear
- LloydsPharmacy Skin Analysis Service
- Weleda Evening Primrose Skincare range
- HOUSEHOLD PRODUCTS & SERVICES**
- Aldi supermarket shopping experience
- Comfort Creations Fabric Conditioner Honeysuckle & Sandalwood
- Cushelle Toilet Tissue

- Finish Power & Pure Dishwasher Tablets
- Morrisons Dishwasher Gel Capsules
- Morrisons Non-Bio Laundry Capsules
- Morrisons Non-Bio Laundry Gel
- Morrisons Non-Bio Laundry Liquid
- Morrisons Premium Washing Up Liquid
- Morrisons Pure Fabric Conditioner
- Plenty Dura Cloth
- Plenty The Big One
- Plenty The Fat One
- Plenty The Original One
- ENTERTAINMENT**
- Wicked The Musical

★ If you would like to join our research panel, go to [hearstpanel.co.uk](http://hearstpanel.co.uk)  
For more information, visit [goodhousekeeping.co.uk](http://goodhousekeeping.co.uk)



## Join GH at Ragdale Hall



CLOCKWISE FROM ABOVE: Ragdale Hall in Leicestershire; unwind in luxury; enjoy world-class treatments and therapies. BELOW: a free gift from Clarins



**G**et away from it all in style. Continuing Good Housekeeping's partnership with Ragdale Hall, the luxury spa is hosting two exclusive two-night breaks, including a special GH Reader Evening, from **Sunday 14 to Tuesday 16 June** and **Sunday 20 to Tuesday 22 September**.

#### PACKAGE INCLUDES, PER PERSON:

- ◆ Check-in at 2-4pm into a room of your

- choice for two nights sharing ◆ Two 40-minute treatments (choose from: Body Massage, Prescription Facial, Classic Manicure or Moisturising Lavender Body Treatment) ◆ Full use of gardens, spa facilities, Thermal Spa, pools, all classes and gym ◆ All meals (breakfast in bed, three-course buffet lunch and three-course dinner) ◆ Clarins skincare and make-up workshop ◆ 15% discount on any additional Clarins treatments booked ◆ Check out at 2pm

- ◆ FREE Clarins gift worth £30: Eau Ressourçante Fragrance (50ml) and Smoothing Body Scrub (100ml)

#### Prices per person\*:

- Superior room, £369;
  - Standard room, £333;
  - Economy room, £323.
- Based on sharing a twin, double or triple room. Single room supplement, £60



**TO BOOK** and for more information, visit [traveledit.co.uk/ghk](http://traveledit.co.uk/ghk) and search for offer code GHRE15, or call 01664 433013<sup>†</sup> and quote GHRE15 to reserve a place on these exclusive discounted events

**TERMS & CONDITIONS** Offer is subject to availability. All prices are per person and based on sharing a Superior Twin/Double/Triple room for two nights. \*Third night option available: book an extra night on Tuesday for £169 with an additional treatment, chosen from those listed in the two-night package, and all meals. Ragdale Hall Health Hydro, Ragdale Village, Melton Mowbray, Leicestershire LE14 3PB. This offer is exclusive to Hearst Magazines. <sup>†</sup>BT landline calls are charged at the standard rate; calls from mobiles and other networks may cost more.



## Save £20 on this case of wine



*Top up your stocks with a case of wine from Averys for only £63.88*

**C**omplement your home collection with the Wine Rack Dozen: three bottles each of these versatile wines. Made by award-winning Bodegas Muriel and aged in oak barrels for 12 months, Conde de Cron is Averys' top-selling red wine. Alongside is Averys' Montepulciano

d'Abruzzo, a great example of one of Italy's most seductive wines, with velvety, soft red fruits. Full of citrus and floral notes, vibrant Portuga Branco is made by legendary wine maker José Neiva Correia. Completing the collection is El Tesoro Verdejo, a zesty, crisp and lemony white.

**GH PRICE** £63.88 – usually £83.88 (saving £20), plus £7.99 p&p (UK only)

### TO ORDER

Visit [averys.com/winerack](http://averys.com/winerack)  
or call 03330 148209\*  
quoting 2834001

**drinkaware.co.uk**  
for the facts

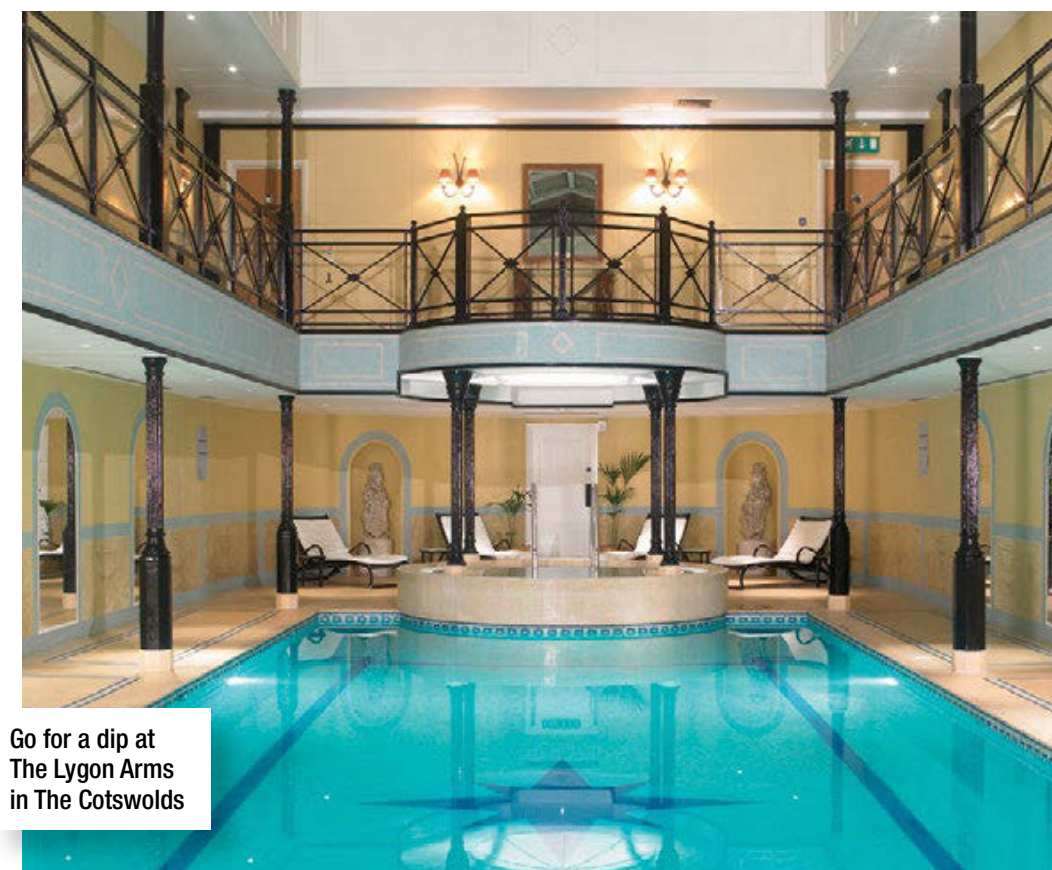
**TERMS & CONDITIONS** Available to new customers (18 or over) only. One case per household. Fewer than 500 cases are available, and on a first-come, first-served basis. Offer valid until 31 March 2015 or until cases are sold. No further discounts applicable. Unless otherwise stated, all wines contain sulphites. UK delivery only (excluding Channel Islands and BFPO addresses); please allow three working days. You may cancel your order up to and including 14 calendar days after the day on which you receive your order (see full terms and conditions at [averys.com/terms](http://averys.com/terms)). Averys of Bristol Ltd is registered in England and Wales. Registered Number 00376920. 9A Culver Street, Bristol BS1 5LD. \*BT landline calls are charged at the national rate; some calls from mobiles and other networks may cost more. Averys may monitor and record calls for training purposes.



## Enjoy a UK hotel break



Relax in luxury at The Walton Hall near Stratford-upon-Avon



Go for a dip at The Lygon Arms in The Cotswolds

**C**elebrate spring with The Hotel Collection and enjoy a two-night break with breakfast on both mornings and, on the first evening, a glass of sparkling wine with a delicious three-course

dinner. Choose from some wonderful hotels located across the country, from Scotland to the south coast. This exclusive offer is open for stays until 30 June 2015 – just book your break by 31 May 2015.

Hotel	Price
The Basingstoke Country Hotel, Hampshire*	£189
The Billesley Manor Hotel, nr Stratford-upon-Avon	£229
The Cheltenham Park Hotel, Cheltenham	£189
The Combe Grove Manor Hotel, Bath	£269
The Daventry Court Hotel, Northamptonshire	£179
The Hinckley Island Hotel, Leicestershire*	£179
The Redworth Hall Hotel, County Durham	£209
The Shrigley Hall Hotel, Golf & Country Club, Cheshire	£209
The Angel Hotel, Cardiff	£169
The Carlton Hotel, Edinburgh	£279
The Imperial Hotel, Blackpool*	£189
The Imperial Hotel, Torquay	£199
The Lygon Arms, Broadway, The Cotswolds	£309
The Majestic Hotel, Harrogate	£209
The Marine Hotel, Troon, nr Glasgow	£209
The Old Ship Hotel, Brighton	£204
The Oxford Hotel, Oxford	£209
The Palace Hotel, Buxton	£189
The Stirling Highland Hotel, Stirlingshire	£209
The Walton Hall, nr Stratford-upon-Avon	£249
The Walton Hotel, nr Stratford-upon-Avon	£199

\*Saturday night supplement not applicable. Remaining hotels incur a Saturday night supplement ranging from £10-£30

*Two nights' B&B with dinner and a glass of sparkling wine on your first night*

**TO BOOK** and for more information, visit [thehotelcollection.co.uk/ghkoffer](http://thehotelcollection.co.uk/ghkoffer) or call 0800 103 2762\*\* and quote GH05

**TERMS & CONDITIONS APPLY** Prices are per stay for two nights. Offer must be booked by 31 May 2015 and is valid for stays until 30 June 2015. Two-night stay is based on two adults sharing a standard double/twin room for two nights' bed and breakfast with dinner and a glass of sparkling wine on your first evening. Dinner is a three-course meal taken from the table d'hôte menu in the hotel main restaurant. Offer is subject to availability on new bookings only and cannot be used in conjunction with any other offer. Non-available dates and supplements may apply: see website for price details of each hotel. Offer is not available on the following dates: 3/4/5 April 2015. \*Apart from the three hotels in the list above that don't charge a Saturday night supplement, the other hotels listed incur a Saturday night supplement of £10-£30. All bookings require full prepayment (non-refundable & non-transferable). A £2.50 surcharge will be levied on credit (not debit) card bookings. Full booking terms & conditions apply: please see [thehotelcollection.co.uk/terms-and-conditions](http://thehotelcollection.co.uk/terms-and-conditions) for more details. \*\*BT landline calls are free; calls from other networks may cost more.



## Take a luxury Med break

TWO WEEKS' FULL BOARD FROM **£695<sub>pp</sub>**  
PLUS A THIRD WEEK FREE ON B&B BASIS



Stay in relaxed splendour at the Almyra hotel in Paphos

### Five-star Cyprus

**Two weeks' full board from £695pp with a third week free on B&B basis**

**Departures until DECEMBER 2015**

Enjoy a luxury holiday on the shores of the Med at the five-star Almyra hotel in Paphos. Set in eight acres of landscaped gardens, the hotel offers chic, modern rooms and wonderful views of the old town. Amenities include the Almyra Spa, three outdoor pools including a children's pool, an indoor spa pool, tennis courts and four restaurants. There are no single supplements on selected dates.

**TO BOOK** and for more information, visit [traveledit.co.uk/ghk](http://traveledit.co.uk/ghk) and use the code MALM54 or call 0843 224 0685\*, quoting MALM54

**TERMS & CONDITIONS** Starting price applies to departures 26 November 2015 to 3 December 2015. Third week free applies to arrivals until 21 March 2015, and from 21 November 2015 to 31 December 2015 (but free third week cannot fall between 24 December 2015 and 3 January 2016). Please note: availability may be limited. All offers are subject to availability and can be withdrawn without notice. Terms and conditions apply. Prices are per person based on two adults sharing. An additional cost for hold luggage will apply. Prices were costed on 1 January 2015 and may be subject to change. \*Calls cost no more than 13p a minute from a BT landline; calls from other networks may cost more.



# Home insurance for less

## 20% discount on a combined buildings + contents policy

- \* Free personal possessions cover up to £2,000
- \* £500,000 buildings cover as standard
- \* £50,000 contents cover as standard
- \* 10% discount if you have 5+ claim-free years
- \* Free Accidental Damage Cover on buildings and contents
- \* New for old replacement on contents insurance
- \* £50,000 legal expenses protection at no extra cost
- \* 24-hour claims helpline. UK-based, friendly call centre with real people!

**Call 0800 634 0393\***  
and quote code GOH00406

**Good Housekeeping**  
— HOME —  
INSURANCE

**TERMS AND CONDITIONS** Insurance is arranged by A+ Insurance Services Ltd and is available to UK residents only. Edited Financial Services Ltd is an appointed representative of A+ Insurance Services Ltd, which is authorised and regulated by the Financial Conduct Authority. Edited Financial Services Ltd, 72 Broadwick Street, London W1F 9EP; registered in England No 07951750. A+ Insurance Services Ltd, 45-47 High Street, Hemel Hempstead, Herts HP1 3AF; registered in England No 02657979. \*BT landline calls to this number are free; calls from mobiles and other networks may cost more. Visit [www.hearst.co.uk/dp](http://www.hearst.co.uk/dp) to read Hearst Magazines UK's data policy.



## Stylish home accessories



**£115** (SAVE £10 ON RRP)



**£230** (SAVE £10 ON RRP)

*Add rustic charm to a room with sustainably sourced raw oak*

### Butler's Tray

This version of the classic butler's tray consists of a removable top, with a stand that folds flat for easy storage. H70 x W58 x D45cm.

**GH PRICE** £115 (usually £125) plus £3.95 UK p&p.

### Shelf Ladder

This large shelf ladder is made from responsibly sourced raw oak and provides unusual yet practical storage. H180 x W48 x D35cm.

**GH PRICE** £230 (usually £240) plus £4.95 UK p&p.

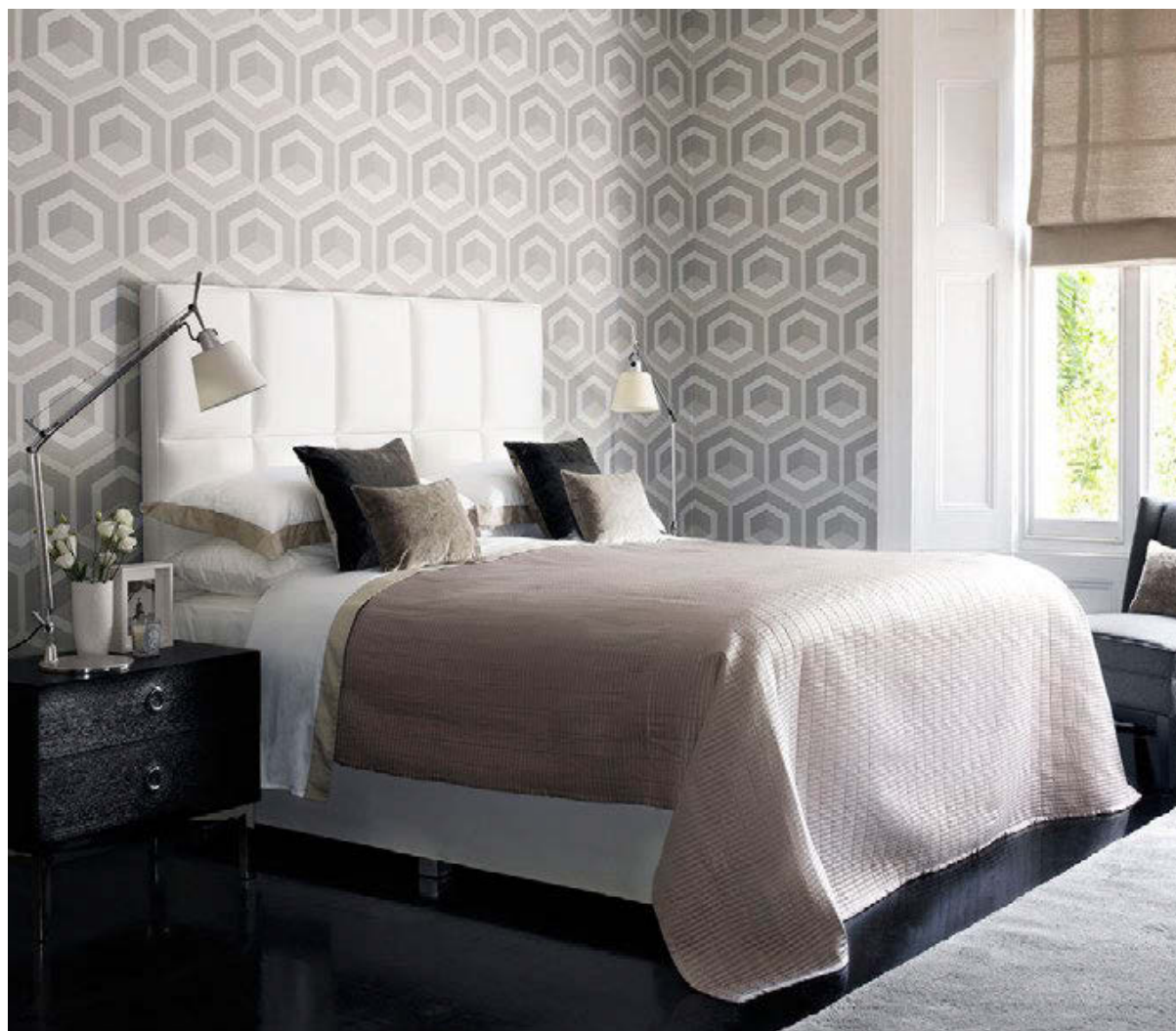
**TO ORDER** Visit [shopatjem.co.uk/ghk](http://shopatjem.co.uk/ghk), call 01483 204487\* and quote offer code GHK/0105, or send a cheque, made payable to Good Housekeeping, to Good Housekeeping JEM Marketing, JEM House, Littlemead, Cranleigh, Surrey GU6 8ND

**TERMS & CONDITIONS** Offer is valid until 30 June 2015, subject to availability. Offer available to UK mainland only; some exclusions apply. For overseas orders, please call for a quotation. Please allow up to 21 days for delivery. If dissatisfied, return unused within seven days for a full refund. \*Calls to 01483 numbers will cost no more than 10p a minute from a BT landline; calls from mobiles and other networks may cost more. Supply and fulfilment of orders by JEM Marketing, JEM House, Littlemead, Cranleigh, Surrey GU6 8ND.



# Home and away

Living in style



## The Beauty Of Sleep

Internationally renowned as the leading specialists in producing handcrafted, luxurious pocket spring beds, Hypnos believes in quality, comfort and detailed hand tailoring above all else, helping you to get a beautiful night's sleep.

With this guaranteed comfort and quality, it means you can focus on designing your perfect bed, allowing it to become the centrepiece of your bedroom for years to come.

Proud holders of a Royal Warrant, each Royally approved bed from Hypnos is individually made by master craftsman to your personal comfort level, size, shape and styling, using the finest natural and sustainable materials. This means you can create a truly bespoke and stylish bed that will allow you to wake up feeling revitalised and refreshed.

To find your dream bed, visit [www.hypnosbeds.com](http://www.hypnosbeds.com)



## Special offers on Mallorca villa holidays

Enjoy a truly personal service from the Mallorca holiday specialists. The Sealand Villas collection features over 100 villas ranging from those close to the town or beach, to rural retreats in beautiful countryside. Properties are suitable for couples, families or groups and free car hire is included with all holidays. Use promo code GH-15 by phone or online to save £75 (can be used with other offers but excludes July and August). [www.sealandvillas.com](http://www.sealandvillas.com) 01903 210507.

## Nationwide

Enjoy outdoor living all year round with a stunning Contemporary Veranda. Nationwide offers a selection of frames, as well as a choice of either a glass or polycarbonate roof. Combine your veranda with heating, lighting or even sliding glass doors so that no matter the season, you may relax in comfort come rain or shine. Each veranda has a five year guarantee and is fitted by fully qualified Nationwide veranda installers. Nationwide is currently holding a Spring Sale, with discounts of up to 25%. To request a free brochure visit [Nationwide Ltd.co.uk](http://Nationwide Ltd.co.uk) or call 0800 882 4052.



## Springvale Leather

Springvale Leather have been hand crafting beautiful British furniture for almost 30 years. Their ranges can be made in any colour leather or fabric, any size and you can alter the comfort to fit your own individual requirements. For more information or to request a brochure, please call 01706 225005 or visit [www.springvaleleather.co.uk](http://www.springvaleleather.co.uk)



# Stylish entertaining

Picks for you and your home



## Nomads

Our Spring Collection is inspired by the lush landscapes, temples and mosaics of our travels to Thailand and Laos. Free Delivery on UK orders with coupon code GHFP4 until 30/4/15. Shop online [www.nomadsclothing.com](http://www.nomadsclothing.com) Request a brochure 0800 655 62 61.



## Luxury Casamoré Garden Furniture

With spring in the air we want to relax in the garden and linger over a delicious alfresco meal. Are you always looking for that 'just right' garden furniture set, but never know whether you want a sofa or dining style? Well hesitate no more! The Home Furniture Store has the perfect answer – a comfortable lounging sofa set with high backs and a dining height table. Get your Casamoré Madrid Lounge Dining Set from [www.thehomefurniturestore.co.uk](http://www.thehomefurniturestore.co.uk) or call 01323 430020. For a wide range of high quality furniture look no further.



## Swoon Editions

From artisan workshops direct to your doorstep, discover new designs every day without the inflated price tag at SWOON EDITIONS. Like the Mimi two-seater sofa, which demonstrates the beauty of mid-century style. Its gently tapered legs, softly rounded edges and aerodynamic design combine to form the perfect centrepiece – just £399. Readers also save £25 on orders over £250 with voucher code **GOOD78**. To order, go to [swooneditions.com/good78](http://swooneditions.com/good78) or call **020 3137 2464**, quoting **GOOD78**. Expires on 01.04.15

## Sofasofa Winter Sale

You can save up to 30% off your next sofa in the SofaSofa Winter Sale. There are over 60 sofa designs from which to choose, and for a limited time all have been reduced in price by up to £400. For example, the Tetbury three seater sofa (as pictured in floral linen) is reduced from £1499 to just £1299. All purchases come with a 21 day moneyback guarantee and delivery is nationwide. For a copy of the 2015 catalogue call 01495 244226 or click on [www.sofasofa.co.uk](http://www.sofasofa.co.uk)





# Swing into spring

Treat yourself this month

## Look Younger Longer™

**Regentiv's The Specialist Serum  
(With Retinol)**



Reviewed as 'one of skincare's best kept secrets'. A luxurious rich texture of Retinol Palmitate, Vitamin E, Aloe Vera and Sunscreen. So in demand as

it does so much. Lines, wrinkles, crepey eyes, crows feet, lip lines, acne-scarring, open pores, sun and skin damage, uneven pigmentation. Our customers say, 'My skin has never been better'.

The Specialist Serum can be exclusively yours within 24hours. 30ml £29.95, 50ml £44.95, 100ml £79.95, 200ml £149, FREE P&P.

Tel. 01923 212555. REGENTIV, PO BOX 400, Herts, WD17 3ZW or [www.regentiv.co.uk](http://www.regentiv.co.uk)



## Saress® – The Ultimate Beach Dress – £10.99

**As seen on TV**

Say goodbye to the awkward sarong, it's simple to slip on, uses no knots or ties just a loop at two corners so you slip it around your back, thread opposite arms through for an elegant flattering beach dress in seconds – it's sensational! Slimming, cool and comfortable. Nineteen designs, five sizes, two lengths. Brochure: 01902 750657.

[www.saress.com](http://www.saress.com)

## Royce Lingerie

Royce Lingerie specialise in creating beautiful wirefree lingerie that provides superb shape, support and comfort.

'Antoinette' (pictured), with its pleated cups and luxurious lace detailing, is a true touch of everyday glamour.

Royce design bras for everyday comfort, pregnancy, nursing, after mastectomy,

sports and first bras for young girls.

For more information or to request a brochure you can call Royce Lingerie on 01295 265557 or visit their website at

[www.royce-lingerie.co.uk](http://www.royce-lingerie.co.uk)



## Vitabiotics Menopace Calcium



Optimal nutrition is important during the menopause, whether or not you decide to take Hormone Replacement Therapy (HRT).

Menopace Calcium is specially formulated to provide

advanced support for women during the menopause with specific nutrients including vitamin B6 to help regulate hormonal activity as well as calcium which is needed for the maintenance of normal bones.

Menopace Calcium provides a unique all in one formula of 24 nutrients, combining the original Menopace micronutrient formula with 700mg of calcium and 100mg Soya Isoflavone extract. Menopace Calcium is available from Boots and online at

[www.menopace.com](http://www.menopace.com)

RRP £12.50 for a month's supply.



## Krill Oil – The New Super Omega 3

Omega 3 in Krill Oil is in a unique phospholipid structure which research now suggests is far superior to fish oil omega 3 when delivered to the body for maximum omega health benefits. Krill Oil also provides astaxanthin a highly respected antioxidant and also choline beneficial for brain and memory function. Silvertown Health Krill Oil is eco-harvested to protect nature in the pristine clear waters of the Antarctic. RRP £24.95, Reader Offer £16.97.

(60 capsules up to two months supply). Free home spa facial masque with first order. This offer can be withdrawn at anytime. Online Order/ more info –

[www.silvertownhealth.co.uk](http://www.silvertownhealth.co.uk) or

Tel 24 Hour Order Line – 0845 0956 903.

## Things just don't feel the same anymore?

Pregnancy, childbirth, menopause, weight gain and even some high impact sports can leave your pelvic floor weakened and stretched.

This problem affects millions of women in the UK resulting in leaks, lack of sensation and prolapse (where pelvic organs drop out of place).

You can regain control and confidence with Kegel8. Featuring 20 exercise programmes this digital exerciser automatically locates and works your muscles to perform over 200 contractions. Take the Kegel8 12 week challenge and take positive action to get strong again.

See women's stories at:

[www.kegel8.co.uk/prolapse](http://www.kegel8.co.uk/prolapse)

Call: 01482 496 932.





# Brochure Collection

Please send the coupon to our FREEPOST address or call our phoneline on 01443 828 808 to receive your chosen brochures



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# Who'd want to be a princess? All they do is kiss frogs

Forget damsels who spend their days waiting to be rescued. Sandi Toksvig's childhood heroine is a nanny with a bottomless carpet bag...

ILLUSTRATION **CLARE MACKIE**

**W**hen I was a child, I wanted to be Mary Poppins. I wanted a bag with a standard lamp in it, a speaking parrot, a flying umbrella and the ability to pop in and out of pavement pictures. What I most definitely didn't want was to be a princess. Why would I want to be someone like Sleeping Beauty, who mostly just lies there while everyone else sorts out her mess?

Even in these days of women bishops and astronauts, 'being a princess' is apparently still a top aspiration for our female youngsters. The trouble is, they have a very clear idea about what they think that means. I don't know if you've seen the Disney film *Frozen*. (If you haven't, please can I be where you are?) It stars a blonde princess called Elsa and little girls are crazy about it. So crazy that when the Duchess of Cambridge went to New York, some of the children she met were disappointed that this real-life princess didn't look like the animated version. Good thing, too.

Due to the devotion of my 10-year-old stepdaughter, I have seen *Frozen* more times than is sensible, and come away each time deeply concerned about Elsa's health. I don't just mean the high chance of her catching her death while wearing little more than chiffon in a snowstorm, but her physique. Years ago, I played the doll Sindy in a documentary. She's like Barbie, but without the same tendency to keep changing her career. The dimensions of these dolls mean that if they were real women, they would be 6ft tall with size 1 feet. I can't say I was the obvious candidate for the part, although it gave me some understanding of the need for a nipped-in waist. But Elsa is so slim that I spend the bulk of the story worrying that a sneeze from a snowman is going to snap her in half.

Disney's relationship to women seems to have been complex from the beginning. In 1927, when old Walt first tried to get MGM Studios to see the merits of Mickey Mouse, he was told that the idea would never work, as a giant mouse in cinemas was bound to frighten away the ladies.

The first great Disney heroine was Snow White, who arrived on the silver screen in 1937. Snowy's only vision of the future was that 'some day' her prince would come – haven't we all waited in for a repair man with similar hopes? She had a life none of us should aspire to: she was condemned to be killed by a huntsman and escaped only to become a domestic drudge in a very cramped house. Finally, when she was at last having a lie

down, she was woken with a kiss by some man smelling of horse.

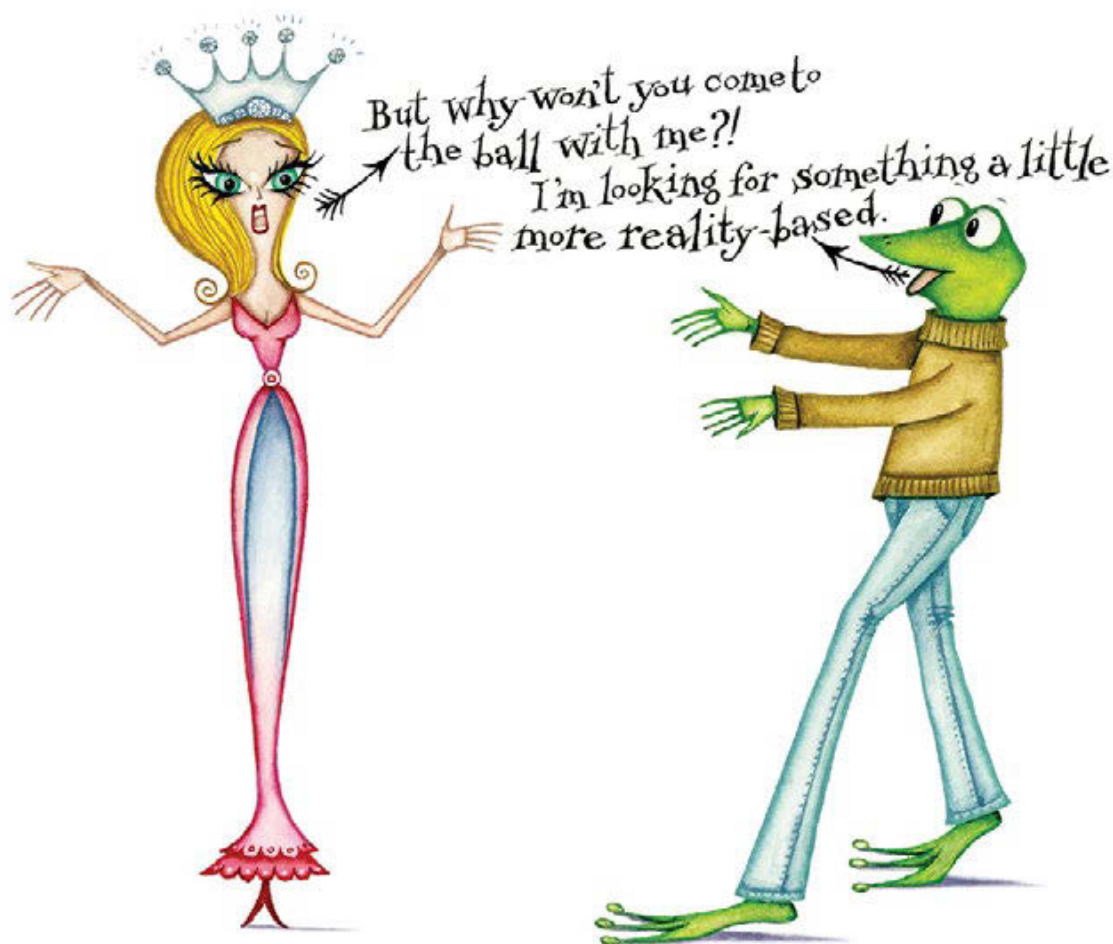
Over the years, matters didn't improve. Ariel in *The Little Mermaid* taught us a girl is just as likely to get her man if she doesn't

speak, while Belle from *Beauty And The Beast* is described as a 'funny girl' because she likes to read. I must be hilarious.

The recurring theme is that all women want is to get married. I cheered when Disney came up with *Mulan*, because at least she was gutsy. But her feistiness meant she might not find a husband, which was worrying. She then became a warrior, which was worse, but by the end she found a man willing to overlook her sword skills. I also liked Princess Tiana in *The Princess And The Frog*. She was black and she had ambition – but so far she stands alone.

I think I hope in vain for a realistic female Disney star. The trouble is, despite everything, the stories are very engaging. This Spring, there's a new *Cinderella* film out – although not so new that the stepmother is suddenly a delight and the pumpkin stays in the vegetable patch. I'm hoping Cinders gives up being fey and decides instead to dance with penguins and a chimney sweep with a tricky accent. Must go. The wind has changed, there are some Suffragettes coming for tea and I have a spoonful of sugar to swallow... □

*Snow White believed that some day her prince would come. Haven't we all waited in for a repair man with similar hopes?*







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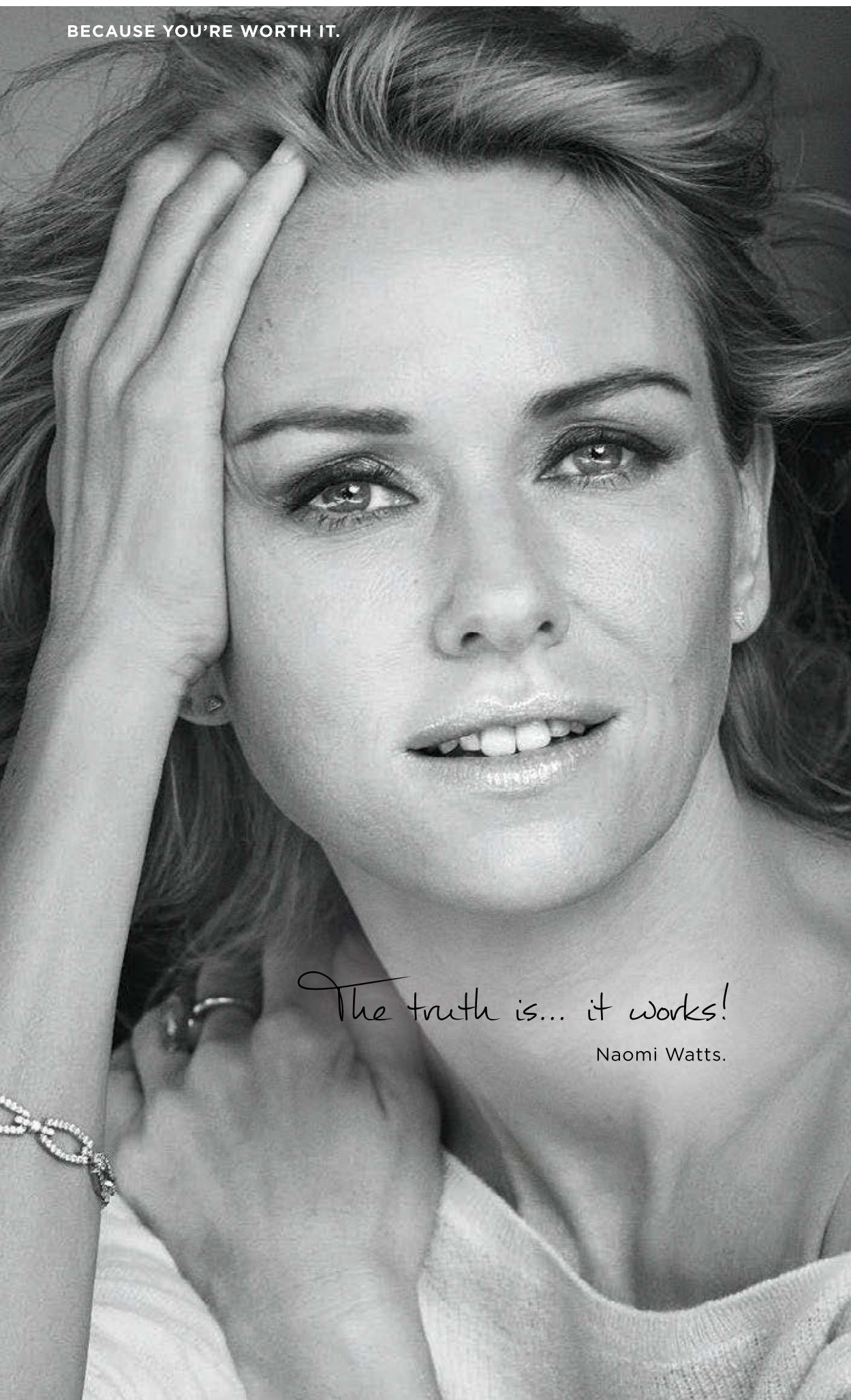
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